



High protein Indian food chart

Vegetarian and non vegetarian. By The DietGhar Team.

Indian foods that give at least 5.5 g of protein in one serving, ranked by protein per serving. Eggs are listed as non vegetarian.

Vegetarian

Food	Serving	Protein g	kcal	Protein per 100 kcal
Soya chunks	30 g dry, about 1 small katori cooked	15.4	98	15.7 g
Pav bhaji	1 plate with 2 pav, about 350 g	14	516	2.7 g
Paneer bhurji	1 katori, about 120 g	13.3	262	5.1 g
Medu vada	2 vada, about 100 g	12.8	266	4.8 g
Matar paneer	1 katori, about 150 g	11.9	251	4.7 g
Besan chilla	2 chilla, about 140 g	11.5	275	4.2 g
Paneer butter masala	1 katori, about 150 g	11.2	287	3.9 g
Masala dosa	1 dosa with filling, about 200 g	10.9	368	3.0 g
Naan	1 naan, about 90 g	10	280	3.6 g
Khaman dhokla	4 pieces, about 120 g	9.6	231	4.2 g
Oats porridge	1 bowl, about 250 g	9.3	224	4.2 g
Paneer	50 g, about 4 to 5 cubes	9.2	133	6.9 g
Vada pav	1 vada pav, about 150 g	9.2	356	2.6 g
Moong dal khichdi	1 bowl, about 250 g	8.1	241	3.4 g
Palak paneer	1 katori, about 150 g	8.1	152	5.3 g
Peanuts	1 handful, about 30 g	7.7	170	4.5 g
Dal makhani	1 katori, about 150 g	7	179	3.9 g
Chaa (buttermilk)	1 glass, 200 ml, about 205 g	6.8	82	8.3 g
Sweet lassi	1 glass, about 250 ml	6.8	199	3.4 g
Rajma masala	1 katori, about 150 g	6.7	160	4.2 g
Chole masala	1 katori, about 150 g	6.6	179	3.7 g
Sambar	1 katori, about 150 g	6.5	129	5.0 g
Full cream milk	1 glass, 200 ml, about 206 g	6.5	126	5.2 g
Idli	2 idli, about 100 g	6.4	128	5.0 g
Masoor dal	1 katori, about 150 g	6.2	132	4.7 g
Aloo paratha	1 paratha, about 100 g	6.1	240	2.5 g
Moong dal	1 katori, about 150 g	6.1	125	4.9 g
Roasted chana	1 handful, about 30 g	6.1	113	5.4 g
Chana dal	1 katori, about 150 g	6	158	3.8 g
Kheer	1 katori, about 150 g	6	196	3.1 g
Gajar halwa	1 katori, about 100 g	6	285	2.1 g
Toor dal tadka	1 katori, about 150 g	5.7	128	4.5 g
Plain dosa	1 dosa, about 100 g	5.7	210	2.7 g
Veg momos	5 pieces, about 125 g	5.5	223	2.5 g

Non vegetarian

Food	Serving	Protein g	kcal	Protein per 100 kcal
Tandoori chicken	2 pieces, about 150 g	33.8	284	11.9 g
Roasted chicken breast	1 small piece, about 100 g	31	165	18.8 g



Food	Serving	Protein g	kcal	Protein per 100 kcal
Butter chicken	1 katori, about 180 g	23.6	320	7.4 g
Chicken biryani	1 plate, about 250 g	17.9	260	6.9 g
Mutton curry	1 katori, about 150 g	15.8	246	6.4 g
Egg bhurji	2 eggs, about 130 g	13	218	6.0 g
Egg omelette	2 egg omelette, about 110 g	12.7	200	6.3 g
Chicken curry	1 katori, about 150 g	9.7	161	6.0 g
Fish curry	1 katori, about 150 g	7.4	140	5.3 g
Boiled egg	1 egg, about 50 g	6.3	78	8.1 g

Your protein need depends on your weight, age, activity and health. A nutritionist can set a figure for you. People with kidney conditions should follow their doctor.

Source: USDA FoodData Central (SR Legacy 2018 and FNDDS 2021 to 2023); paneer from NIN, *Nutritive Value of Indian Foods*. Dishes without a USDA record are calculated from USDA ingredient values for a standard home recipe. Servings are household measures chosen by DietGhar. Checked 13 October 2026. n/r means not reported. Per 100 g values and the source record for every food: www.dietghar.com/foods