



Indian food calorie chart

Everyday foods, per serving. By The DietGhar Team.

Calories, protein, carbohydrate, fat and fibre for 100 common Indian foods, per household serving. Multiply if you eat more than one serving.

Rotis and breads

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Roti (chapati)	1 roti, about 40 g	120	3.1	18.5	3.7	3.9
Plain paratha	1 paratha, about 60 g	196	3.8	27.2	7.9	5.8
Aloo paratha	1 paratha, about 100 g	240	6.1	36.6	9	5.2
Puri	2 puri, about 50 g	205	3.4	19.6	12.5	1.8
Naan	1 naan, about 90 g	280	10	45.2	6.6	4.7
Bhatura	1 bhatura, about 80 g	311	5.4	38.5	14.8	1.4
Jowar roti	1 roti, about 40 g	136	3.2	29.1	1.3	2.5
Bajra roti	1 roti, about 45 g	171	4.3	30	3.7	1.4
Methi thepla	1 thepla, about 45 g	149	4.7	20.6	6.1	3.3

Rice and grains

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Steamed rice	1 katori cooked, about 150 g	195	4	42.3	0.4	0.6
Brown rice	1 katori cooked, about 150 g	185	4.1	38.4	1.5	2.4
Jeera rice	1 katori, about 150 g	216	3	33.6	7.3	0.5
Vegetable pulao	1 katori, about 180 g	253	4.5	43.4	6.4	2.2
Vegetable biryani	1 plate, about 250 g	273	4.8	44.8	8	3
Chicken biryani	1 plate, about 250 g	260	17.9	33.9	5.9	2.8
Moong dal khichdi	1 bowl, about 250 g	241	8.1	39.6	5.5	4.5
Oats porridge	1 bowl, about 250 g	224	9.3	30.9	7.2	3.5

Dals and legumes

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Toor dal tadka	1 katori, about 150 g	128	5.7	17.2	4.4	4.1
Moong dal	1 katori, about 150 g	125	6.1	16.2	4.3	4.3
Masoor dal	1 katori, about 150 g	132	6.2	17.3	4.6	3.1
Chana dal	1 katori, about 150 g	158	6	19.3	6.7	3.8
Dal makhani	1 katori, about 150 g	179	7	16.7	9.8	4.9
Rajma masala	1 katori, about 150 g	160	6.7	20	6.4	4.9
Chole masala	1 katori, about 150 g	179	6.6	21.7	7.9	4.3
Sambar	1 katori, about 150 g	129	6.5	17.7	4.1	6
Punjabi kadhi	1 katori, about 150 g	126	4.7	9	7.9	1.1
Moong sprouts	1 katori raw, about 100 g	30	3	5.9	0.2	1.8
Soya chunks	30 g dry, about 1 small katori cooked	98	15.4	10.2	0.4	5.3

Sabzis and salads

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Aloo sabzi	1 katori, about 120 g	152	2.4	20.5	7.1	2.5
Aloo gobi	1 katori, about 150 g	135	3.1	15.9	7.3	3.2



Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Bhindi sabzi	1 katori, about 100 g	100	2.1	8.6	7.2	3.4
Baingan bharta	1 katori, about 150 g	121	1.9	11.7	8.3	5.1
Lauki sabzi	1 katori, about 150 g	69	1.1	6	5.1	1
Boiled sweet potato	1 medium, peeled, about 130 g	99	1.8	23	0.2	3.3
Mixed vegetable sabzi	1 katori, about 150 g	129	2.4	13.2	7.9	2.7
Aloo matar	1 katori, about 150 g	159	4.3	20.1	7.3	4.7
Kachumber salad	1 bowl, about 100 g	20	0.8	4.6	0.2	1.1

Paneer and dairy

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Paneer	50 g, about 4 to 5 cubes	133	9.2	0.6	10.4	0
Paneer bhurji	1 katori, about 120 g	262	13.3	4.1	21.6	0.7
Palak paneer	1 katori, about 150 g	152	8.1	6.4	10.5	1.4
Matar paneer	1 katori, about 150 g	251	11.9	9.9	18.6	3.1
Paneer butter masala	1 katori, about 150 g	287	11.2	5	25.1	0.9
Full cream milk	1 glass, 200 ml, about 206 g	126	6.5	9.9	6.7	0
Curd (dahi)	1 katori, about 100 g	61	3.5	4.7	3.3	0
Chaa (buttermilk)	1 glass, 200 ml, about 205 g	82	6.8	9.8	2.2	0
Vegetable raita	1 katori, about 100 g	52	2.9	4.5	2.6	0.2
Sweet lassi	1 glass, about 250 ml	199	6.8	29.4	6.5	0
Ghee	1 teaspoon, about 5 g	45	0	0	5	0

Eggs, chicken and fish

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Boiled egg	1 egg, about 50 g	78	6.3	0.6	5.3	0
Egg omelette	2 egg omelette, about 110 g	200	12.7	1.7	15.5	0.2
Egg bhurji	2 eggs, about 130 g	218	13	3.8	16.6	0.7
Chicken curry	1 katori, about 150 g	161	9.7	9.8	9.7	2.1
Roasted chicken breast	1 small piece, about 100 g	165	31	0	3.6	0
Tandoori chicken	2 pieces, about 150 g	284	33.8	0.6	15.4	0
Butter chicken	1 katori, about 180 g	320	23.6	4.8	22.7	1.1
Fish curry	1 katori, about 150 g	140	7.4	10	8.1	2.1
Mutton curry	1 katori, about 150 g	246	15.8	4.2	18.2	0.8

Breakfast and tiffin

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Poha	1 plate, about 150 g	264	5.4	37.8	10.2	1.9
Upma	1 bowl, about 200 g	174	4	27.6	5.3	2.6
Idli	2 idli, about 100 g	128	6.4	25	0.4	5.8
Plain dosa	1 dosa, about 100 g	210	5.7	37	4.1	1.8
Masala dosa	1 dosa with filling, about 200 g	368	10.9	61.6	8.5	4.4
Onion uttapam	1 uttapam, about 120 g	156	3.8	23.4	5.3	2.3
Medu vada	2 vada, about 100 g	266	12.8	33.3	9.7	5.8
Besan chilla	2 chilla, about 140 g	275	11.5	31.4	11.4	5.9
Khaman dhokla	4 pieces, about 120 g	231	9.6	29.1	8.3	4.3



Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Sabudana khichdi	1 plate, about 150 g	313	4.8	44.9	13.4	2.5

Snacks and street food

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Samosa	1 samosa, about 60 g	186	3.1	19.9	10.5	1.1
Pakora	5 pieces, about 80 g	100	3.9	13	3.8	2.6
Vada pav	1 vada pav, about 150 g	356	9.2	45	15.7	4
Pav bhaji	1 plate with 2 pav, about 350 g	516	14	73.8	19	7.1
Pani puri	6 puri with pani, about 120 g	185	4.4	22.5	8.7	2.2
Bhel puri	1 plate, about 120 g	171	3.9	19.4	9.1	1.9
Kachori	1 kachori, about 60 g	227	4.8	26.4	11.4	2.1
Veg momos	5 pieces, about 125 g	223	5.5	39.8	4.5	3
Roasted makhana	1 small bowl, about 30 g	111	4.3	18.1	2.6	n/r
Roasted chana	1 handful, about 30 g	113	6.1	18.9	1.8	3.7

Sweets

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Gulab jamun	1 piece, about 40 g	188	3.6	25.7	8.2	0.1
Jalebi	2 pieces, about 50 g	234	1.9	38.8	8.2	0.5
Rasgulla	1 piece, about 45 g	102	3.3	14.2	3.7	0
Kheer	1 katori, about 150 g	196	6	29.5	6.3	0.4
Gajar halwa	1 katori, about 100 g	285	6	36	13.9	4.6
Besan laddu	1 laddu, about 33 g	158	3.4	20.7	7	1.6
Kaju katli	1 piece, about 18 g	90	2.2	9.6	5.3	0.4

Fruits

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Banana	1 medium, peeled, about 100 g	89	1.1	22.8	0.3	2.6
Apple	1 medium, about 150 g	78	0.4	20.7	0.3	3.6
Mango	1 cup sliced, about 165 g	99	1.4	24.7	0.6	2.6
Papaya	1 katori cubes, about 150 g	65	0.7	16.2	0.4	2.6
Guava	1 medium, about 100 g	68	2.6	14.3	1	5.4
Orange	1 medium, about 130 g	61	1.2	15.3	0.2	3.1
Watermelon	1 bowl, about 200 g	60	1.2	15.1	0.3	0.8
Pomegranate	1 katori seeds, about 100 g	83	1.7	18.7	1.2	4
Grapes	1 katori, about 100 g	69	0.7	18.1	0.2	0.9

Nuts and drinks

Food	Serving	kcal	Protein g	Carbs g	Fat g	Fibre g
Almonds	10 almonds, about 12 g	69	2.5	2.6	6	1.5
Peanuts	1 handful, about 30 g	170	7.7	4.8	14.8	2.6
Walnuts	4 halves, about 14 g	92	2.1	1.9	9.1	0.9
Cashews	10 cashews, about 15 g	83	2.7	4.5	6.6	0.5
Peanut butter	1 tablespoon, about 16 g	96	3.6	3.6	8.2	0.8
Masala chai with sugar	1 cup, about 150 ml	79	2.8	10.5	2.9	0
Coconut water	1 glass, about 250 ml	48	1.8	9.3	0.5	2.8



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