Katori

Indian Food Calorie Chart

63 dishes, one home-cooked serving each
Updated November 18, 2026

DISH	SERVING	CAL	PROTEIN	CARBS	FAT
Dal					
Urad dal	1 katori (150 g)	152	9.3	21.8	3.6
Toor dal	1 katori (150 g)	153	8.0	23.2	3.5
Moong dal	1 katori (150 g)	155	8.8	23.2	3.4
Dal makhani	1 katori (150 g)	162	7.4	19.2	6.9
Masoor dal	1 katori (150 g)	176	9.1	25.2	4.8
Dal tadka	1 katori (150 g)	181	8.4	25.5	5.6
Chana dal	1 katori (150 g)	182	7.8	25.0	6.3
Paneer					
Palak paneer	1 katori (150 g)	221	13.1	7.9	16.8
Matar paneer	1 katori (150 g)	228	12.0	10.4	16.3
Kadai paneer	1 katori (150 g)	245	12.5	7.0	19.7
Shahi paneer	1 katori (150 g)	283	14.4	8.4	22.4
Paneer butter masala	1 katori (150 g)	313	13.8	11.3	25.1
Paneer tikka	1 plate (6 pieces, 156 g)	383	25.0	9.0	28.9
Chicken					
Chicken curry	1 katori (150 g)	170	14.7	4.4	10.3
Chicken tikka masala	1 katori (150 g)	178	18.3	6.5	8.6
Chicken korma	1 katori (150 g)	211	16.3	5.7	13.7
Tandoori chicken	1 leg (138 g)	222	31.4	0.9	9.4
Butter chicken	1 katori (150 g)	231	16.5	6.9	15.5
Chicken tikka	1 plate (6 pieces, 141 g)	233	35.3	2.9	7.9
Chole and beans					
Soya chaap	1 katori (150 g)	216	9.4	17.6	12.6
Chana masala	1 katori (150 g)	237	8.7	28.7	10.5
Rajma chawal	1 plate (1 katori rajma, 1 katori rice, 270 g)	347	12.0	59.5	6.8
Chole bhature	1 plate (2 bhature, 1 katori chole, 302 g)	762	18.7	100.3	32.0
Biryani					
Veg biryani	1 plate (300 g)	447	8.6	68.6	15.3
Chicken biryani	1 plate (300 g)	491	21.9	57.3	18.5
Mutton biryani	1 plate (300 g)	497	24.4	54.4	19.2
Egg biryani	1 plate (305 g)	500	17.5	48.4	25.4
Hyderabadi biryani	1 plate (300 g)	547	22.9	56.1	24.8
Paneer biryani	1 plate (300 g)	587	20.1	59.4	30.2
Rice					
Rice	1 katori (120 g)	156	3.2	33.8	0.3
Veg pulao	1 katori (120 g)	167	3.1	28.3	4.3
Jeera rice	1 katori (120 g)	181	3.3	33.1	3.5

Each figure is from a stated recipe, valued from USDA FoodData Central. Protein, carbs and fat in grams.

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DISH	SERVING	CAL	PROTEIN	CARBS	FAT
Paratha					
Paratha	1 plain paratha (60 g)	189	5.3	28.8	7.0
Mooli paratha	1 mooli paratha (96 g)	208	5.7	31.2	8.0
Gobi paratha	1 gobi paratha (109 g)	212	6.3	31.7	8.1
Mix veg paratha	1 mix veg paratha (115 g)	224	6.2	34.8	8.1
Aloo paratha	1 aloo paratha (119 g)	242	6.5	38.9	8.0
Paneer paratha	1 paneer paratha (103 g)	319	14.6	30.7	17.0
Naan					
Naan	1 naan (90 g)	258	7.0	49.0	3.2
Butter naan	1 butter naan (96 g)	301	7.0	49.0	8.1
Garlic naan	1 garlic naan (100 g)	307	7.3	50.3	8.1
Cheese naan	1 cheese naan (120 g)	347	13.6	49.7	9.9
Peshwari naan	1 peshwari naan (155 g)	528	11.7	80.4	18.3
Roti					
Roti	1 medium roti (40 g)	102	4.0	21.6	0.8
South Indian					
Sambar	1 katori (150 g)	109	4.5	14.8	4.1
Idli	2 medium idli (100 g)	122	4.0	25.4	0.3
Dosa	1 plain dosa (54 g)	136	3.3	20.9	4.3
Upma	1 katori (150 g)	235	6.6	37.0	6.6
Masala dosa	1 masala dosa (137 g)	257	5.2	36.2	10.4
Poha	1 plate (140 g)	270	5.6	39.1	10.2
Snacks					
Poppadom	1 poppadom (16 g)	76	3.0	7.1	4.2
Pakora	1 pakora (45 g)	93	2.5	8.1	5.7
Samosa	1 medium samosa (90 g)	261	3.8	27.2	15.3
Pani puri	1 plate (6 puris, 197 g)	270	6.1	40.1	9.8
Drinks					
Chai	1 cup (150 ml)	77	2.4	11.6	2.4
Mango lassi	1 glass of mango lassi (250 ml)	198	5.8	34.0	5.2
Sweets					
Kaju katli	1 piece (10 g)	49	1.0	5.8	2.7
Gulab jamun	1 medium piece (33 g)	94	2.4	13.8	3.4
Jalebi	1 medium piece (30 g)	99	0.8	15.0	4.1
Barfi	1 milk barfi (30 g)	137	4.6	14.1	7.2
Rasmalai	1 piece with its milk (80 g)	146	6.0	16.5	6.6
Ladoo	1 besan ladoo (30 g)	149	3.1	17.5	7.7
Gajar halwa	1 katori (150 g)	347	7.7	43.7	16.8

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