Katori

What a katori holds

Sizes: ICMR-National Institute of Nutrition. Dietary Guidelines for Indians, 2024, Annexure I
Updated November 17, 2026



115 ml
Small katori (C9)

155 ml
Small katori (C8)

200 ml
Medium katori (C7)

360 ml
Large katori (C6)

The guidelines' katoris in cups and tablespoons

KATORI	VOLUME	US CUPS (240 ML)	METRIC CUPS (250 ML)	TABLESPOONS (15 ML)
Large katori (C6)	360 ml	1.5	1.44	24
Medium katori (C7)	200 ml	0.83	0.8	13.3
Small katori (C8)	155 ml	0.65	0.62	10.3
Small katori (C9)	115 ml	0.48	0.46	7.7

One katori of each dish, cooked at home

DISH	KATORI	CALORIES	PROTEIN
Moong dal	150 g	**155**	8.8 g
Rice	120 g	**156**	3.2 g
Dal makhani	150 g	**162**	7.4 g
Chicken curry	150 g	**170**	14.7 g
Dal tadka	150 g	**181**	8.4 g
Jeera rice	120 g	**181**	3.3 g
Palak paneer	150 g	**221**	13.1 g
Butter chicken	150 g	**231**	16.5 g
Chana masala	150 g	**237**	8.7 g
Paneer butter masala	150 g	**313**	13.8 g

Sources: ICMR-National Institute of Nutrition. Dietary Guidelines for Indians, 2024, Annexure I (the katori sizes); USDA FoodData Central, fdc.nal.usda.gov (every recipe behind the dishes). Each dish is one stated recipe; yours will differ, so weigh your katori once.

Not medical advice. getkatori.com/what-is-a-katori. CC BY 4.0, credit getkatori.com.