

Food	Portion (g)	Calories (Cal)	Carbohydrates (g)	Protein (g)	Total Fat (g)	Fiber (g)	Sodium (g)
Indian Vegetables/Curries							
Agra Peas and Green	142.5	136	9	4	10	4	0.41
Aloo-Baigan Mixed Vegetable	100	103	32.3	1.3	4.7	-	-
Aloo-Beans Mixed Vegetable	100	134	34.3	2.4	8.7	-	-
Aloo Curry	100	105	14.4	1.2	5	-	-
Baigan Ka Bharta	100	70	5.7	1.2	4.7	-	-
Bhindi (Okra)	100	161	12.1	3.9	10.7	-	-
Bombay Potatoes	100	80	13.3	2.4	1.9	1.8	0.1
Cabbage (Patta Gobi)	100	131	7	2.3	5	-	-
Chick Pea Curry	100	82	9.2	3.2	3.6	2.5	0.3
Chole (Chickpeas)	100	74	3.3	4.3	4.1	-	-
Curry, Cuddy (Besan Khaddi)	100	100	15	2.9	5.1	-	-
Gatte Ki Subji	148	275	-	-	-	-	-
Methi-Aloo	100	121	16	2.2	5.4	-	-
Mutter Paneer	100	147	10.7	8.5	8.1	-	-
Onion Bhaji	100	295	5.7	15.8	23.3	2.8	-
Palak Paneer	262	380	14	46	15	6	0.64
Kaddu (Pumpkin, Kashiphal)	100	67	6.7	1.6	3.8	-	-
Rajmah (Kidney Beans)	100	102	10.7	4.7	3.4	-	-
Saag Aloo	100	89	1.6	11	4.3	1.7	0.3
Shahi Paneer	95	263	-	-	-	-	-
Shimla Mirch-Aloo	100	93	12.8	1.5	3.4	-	-
Stuffed Tomato	100	85	11	2.1	3.4	-	-
Torai (Ridge gourd)	100	65	4	1.2	4.7	-	-
Vegetable Jalfrani	98	159	-	-	-	-	-
Vegetable Kofta Curry	100	147	13.3	2.6	9.1	-	-
Vegetable Korma	100	88	8.7	1.4	5.3	-	-
Indian Dals/Lentils							
Arhar Dal	100	53	8	2.8	1.2	-	-
Chana Dal	100	99	12.8	4.5	3.2	-	-
Dal Makhani, Low fat	100	117	14	6.8	1.3	-	-
Maa ki Dal	100	92	-	-	-	-	-
Moong Dal	100	211	31.3	12.8	3.7	-	-
Masoor Dal	100	165	24.7	10.3	2.7	-	-
Urad Dal	100	107	14	6	3	-	-
Sambhar	100	50	2.6	15	1.8	-	-
Dal Dhokli	105	238	-	-	-	-	-
Indian Rice							
Boiled Rice	100	111	25	2.2	0.2	-	-
Pulao	100	119	19	3.2	3.4	-	-
Khichari	100	215	33	4.3	7.4	-	-
Indian Milk Items							
Milk (buffalo)	100	117	5	4.3	6.5	-	-
Milk (Cow)	100	67	4.4	3.2	4.1	-	-

Curd (Cow's Milk)	100	60	3	3.1	4	-	-
Butter Milk	100	15	0.5	0.8	1.1	-	-
Skimmed Milk	100	29	4.6	2.5	0.1	-	-
Paneer (Cow's Milk)	100	265	1.2	18.3	20.8	-	-
Paneer (Buffalo's Milk)	100	292	7.9	13.4	23	-	-
Khoa (Whole Milk)	100	421	20.5	20	25.9	-	-
Khoa (Skimmed Milk)	100	206	25.7	22.3	1.6	-	-
Cheese	100	348	6.3	24.1	25.1	-	-
Lassi	100	69	3.2	5.7	0.5	-	-
Samosa	1 no.	369	48.1	6.3	17.6	-	-
Indian Desserts/Sweets							
Besan Laddu	40	315	-	-	-	-	-
Carrot Halwa	135	460	-	-	-	-	-
Coconut Barfi	30	157	-	-	-	-	-
Kaju Rolls	14	83	-	-	-	-	-
Kheer Rice	150	345	-	-	-	-	-
Kulfi Malai	75	210	-	-	-	-	-
Kulfi Mango	70	147	-	-	-	-	-
Malpua	40	342	-	-	-	-	-
Naan Katai	45	150	-	-	-	-	-
Rasgulla	40	194	-	-	-	-	-
Sandesh	7	30	-	-	-	-	-
Shrikhand	105	465	-	-	-	-	-
Til Laddu	20	55	-	-	-	-	-
Miscellaneous Foods							
Boondi Raita	145	169	-	-	-	-	-
Coriander Chutney	25	72	-	-	-	-	-
Coconut Chutney	20	83	-	-	-	-	-
Dosa	1 no.	145	21.5	2.8	5.2	-	-
Dosa Onion	1 no.	157	-	-	-	-	-
Idli	1 no.	69	15	1.2	0.2	-	-
Pakoda Onion	58	315	-	-	-	-	-
Pakoda Paneer	125	376	-	-	-	-	-
Potato Tikki	1 no.	60	3.4	0.2	5	-	-
Rava Dosa with Chutney	1 no.	97	-	-	-	-	-
Samosa	1 no.	369	48.1	6.3	17.6	-	-
Rice							
Chicken Biryani Meal Kit - Knorr	100	226	33.1	3.3	9.1	1.6	0.7
Chicken Jalfrezi with Pilau Rice - Patak	100	139	14.7	9.8	4.6	0.9	0.2
Pilau Rice - Patak	100	152	30.5	2.8	2.3	-	-
Snacks							
Khatta Meetha	100	504	33.5	13.9	35	13.3	0.8
Balti Mix Snacks	100	527	26.8	16.5	39.3	10	0.6
Poppadum	100	275	43.2	21.2	1.9	-	-
Pickles/Chutneys							
Brinjal Pickle	100	367	34.6	2.2	24.4	0.9	1.7
Chilli Pickle	100	325	1.3	4.3	33.7	0	3.1

Lime Pickle	100	152	15	2.2	9.3	2.9	2.5
Mango Pickle	100	278	9	1.8	26.1	1.4	4.4
Tropical Fruit Chutney	100	271	64.9	0.7	0.9	0.9	0.9
Meat Foods							
Chicken Tikka	150	232	4.8	39.1	6.1	0.7	-
Chicken Korma	300	398	15.9	39	30.9	4.8	-
Chicken Roganjosh	269	300	14	28	16	4	1.1
Chicken Vindaloo	269	350	21	29	17	4	1.3
Tikka Masala	100	256	34.2	4	11.3	2.1	0.69
Korma Curry Sauce	100	244	19.1	3.6	17	0.6	0.5
Rogan Jose Curry Suace	100	194	10.5	2.4	15.8	1.5	0.6
Saffron Tikka Masala	100	105	7.9	1.3	7.5	1	0.4
Rotis/Chapattis/Naans/Parathas							
Garlic & Herb Roti/Chapatti	100	273	9.4	48.8	7.5	-	-
Plain Roti/Chapatti	100	273	9.4	48.8	7.5	-	-
Kulcha Naan	40	125	4.5	23	1.5	1	0.26
Massala Naan	40	120	7	15	3	1	0.16
Onion Naan	40	120	7	15	3.5	1	0.16
Peshwari Naan	100	322	6.6	49.8	9.8	-	-
Tandoori Naan	40	120	4	19	3	1	0.24
Aloo Paratha	120	360	18	47	11	4	0.42
Onion Paratha	80	100	13	33	11	2.5	0.22
Plain Paratha	80	290	11	42	9	3	0.29