Indian Food Calorie Chart (per piece)

Calories per piece or serving for common Indian sweets, snacks, breakfasts and meals

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Food	Serving	kcal
Sweets		
Gulab jamun	1 medium (40 g)	**140 to 175**
Rasgulla	1 medium (40 g)	**100 to 130**
Jalebi	1 medium (40 g)	**150 to 190**
Balushahi	1 medium (50 g)	**180 to 220**
Motichoor laddu	1 medium (40 g)	**180 to 220**
Kaju katli	2 pieces (30 g)	**140 to 170**
Petha, white	1 medium (40 g)	**80 to 110**
Snacks and street food		
Samosa, tea stall	1 piece (60 to 70 g)	**150 to 190**
Samosa, restaurant	1 piece (80 to 100 g)	**210 to 270**
Kachori, medium	1 piece (70 g)	**200 to 250**
Vada pav	1 serving	**290 to 360**
Pani puri	6 pieces	**120 to 180**
Aloo tikki	2 pieces	**200 to 260**
Medu vada	2 pieces	**200 to 260**
Pakora, mixed	4 pieces (80 g)	**180 to 240**
Masala chai, milk and sugar	1 cup (150 ml)	**50 to 80**

Food	Serving	kcal
Breakfast		
Idli, plain	2 medium (80 g)	**130 to 150**
Plain dosa	1 medium	**120 to 160**
Masala dosa	1 medium	**230 to 320**
Plain paratha	1 medium	**200 to 240**
Aloo paratha	1 medium	**280 to 350**
Poha, plain	1 cup (150 g)	**180 to 210**
Upma	1 cup (150 g)	**180 to 250**
Besan chilla	1 medium	**100 to 130**
Meals		
Roti or phulka, thin	1 piece (30 g dough)	**70 to 85**
Tandoori roti	1 piece (60 to 80 g)	**150 to 200**
White rice, steamed	1 cup (150 g)	**200 to 220**
Toor dal, home	1 cup (200 ml)	**120 to 160**
Rajma curry	1 cup (200 ml)	**220 to 270**
Chole masala	1 cup (200 ml)	**230 to 280**
Palak paneer	1 cup (200 ml)	**250 to 320**
Chicken curry	200 g	**250 to 320**
Chicken biryani	1 plate (300 g)	**450 to 600**

Figures are ranges for home portions with moderate oil, unless the serving says otherwise. Oil, ghee and piece size move every number, so treat these as guides, not lab values. Quick sum: 2 tea stall samosas and 1 kachori come to about 500 to 630 kcal. A home plate of 3 phulkas, 1 cup dal and 1 cup sabzi is roughly 550 to 700 kcal. If you have diabetes, a thyroid condition or take regular medicine, check with your doctor about your portions.

Full guide and notes: www.dietghar.com/blog/calorie-count-popular-indian-foods-guide . Work out your own daily target: www.dietghar.com/calorie-calculator

Want a plan built around food like this? Message us on WhatsApp at +91 78382 49321. Plans start at Rs 499 for 15 days.