

# LOW CALORIE INDIAN DISHES

Low-Calorie Indian food	Estimated calories (Per Serv)
Moong Dal Chilla	133 calories
Oats Khichdi	74 calories/100g
Chana Chaat	82 calories/100g
Poha	130 calories/100g
Curd Poha	95 calories/100g
Oats Poha	180 cal/100g
Mix Veg Soup	55 calories/Serv
Beetroot Juice	81 calories/250 ml
Veg Dalia	80 calories/100g
Dalia Upma	109 calories/Serv

Serv= Serving