

# Spice It Up with Healthy Indian Food

## Indian Food Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Meal picks contain no more than 4 g sat fat (20%), and 700 mg sodium (29% DV) and at least 12 g protein (24% DV). Simmering Sauce picks contain no more than 150 calories (8% DV), 2 g sat fat (10% DV), and 550 mg sodium (23% DV). Side picks contain no more than 200 calories (10% DV), 2 g sat fat (10% DV), and 530 mg sodium (22% DV). Chutney picks contain no more than 210 mg sodium (9% DV).

Indian Foods	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)	Pro (g)
<b>MEALS</b>								
Amy's Indian Mattar Paneer	1 pkg	370	11	4	54	6	780	13
✓ Amy's Indian Palak Paneer	1 pkg	300	11	3.5	38	6	680	12
Amy's Indian Paneer Tikka	1 pkg	370	20	9	41	4	490	11
Amy's Indian Vegetable Korma	1 pkg	310	12	3.5	41	7	680	9
A Taste of India Masala Rice and Lentils	1/2 pkg	260	5	2.5	47	2	310	6
A Taste of India Spiced Rice with Raisins	1/2 pkg	330	12	4.5	51	2	320	5
✓ Ethnic Gourmet Chicken Korma	1 pkg	350	11	3	45	4	680	17
✓ Ethnic Gourmet Tikka Masala	1 pkg	260	6	2	32	3	680	19
Tiger Tiger Easy Indian Chana Masala with Basmati Cumin Rice	1 cup	460	11	1.5	78	5	1020	13
Tiger Tiger Mutter Paneer with Basmati Pilau Rice	1 cup	420	16	3.5	57	6	1130	11
Trader Joe's Butter Chicken with Basmati Rice	1 cup	270	8	4	33	2	940	18
Trader Joe's Chicken Tikka Masala	1 cup	300	12	5	30	0	710	16
Trader Joe's Palak Paneer	1/2 pkg	250	19	6	8	3	800	11
Trader Joe's Paneer Roll Aachari	1 roll	220	6	1	34	1	370	8
Truly Indian Bombay Pav Bhaji	1/2 cup	90	3	2	13	1	510	2
Truly Indian Punjabi Chotpate Choley	1/2 cup	150	6	1.5	18	2	520	5
<b>SIMMER SAUCES</b>								
Passage to India Korma Simmer Sauce	1/2 cup	200	16	5	14	2	900	2
Patak's Original Korma Curry Simmer Sauce	1/2 cup	240	18	10	16	3	400	2
✓ Patak's Original Mango Curry Simmer Sauce	1/2 cup	150	7	1.5	19	2	490	1
✓ Patak's Original Rogan Josh Curry Simmer Sauce	1/2 cup	100	5	0	13	2	400	2
Sharwood's Makhani Butter Chicken Cooking Sauce	1/2 cup	140	9	3	15	2	750	2
✓ Sharwood's Pineapple and Coconut Milk Cooking Sauce	1/2 cup	140	7	0.5	19	4	550	3
Sharwood's Tikki Masala Cooking Sauce	1/2 cup	150	10	5	14	3	660	2
Tiger Tiger Peshwari Chicken Tikka Simmer Sauce	120 g	221	17	8	15	1	600	2
<b>SIDES</b>								
Kitchens of India Black Gram Lentils Curry	1/2 cup	150	6	2.5	19	<1	740	6
Kitchens of India Mashed Vegetable Curry	1/2 cup	210	15	2.5	16	2	920	2
✓ Tasty Bite Bombay Potatoes	1/2 pkg	130	4	0.5	19	4	530	5
Tasty Bite Jaipur Vegetables	1/2 pkg	180	11	2.5	12	4	530	7
✓ Tasty Bite Jodhpur Lentils	1/2 pkg	110	2.5	0	16	4	460	6
✓ Tasty Bite Kerala Vegetables	1/2 pkg	140	4	1	15	2	430	2
Tasty Bite Peas Paneer	1/2 pkg	200	13	7	12	3	400	10
Truly Indian Chatpate Choley	1/2 pkg	200	8	2	25	2	710	7
Truly Indian Palak Paneer	1/2 pkg	180	13	6	9	1	550	6
<b>CHUTNEYS</b>								
✓ Geeta's Onion Chutney	20 g	55	0	0	13	0	160	0
Patak's Original Hot Mango Chutney	21 g	50	0	0	13	0	280	0
Patak's Original Major Grey Chutney	21 g	50	0	0	13	0	270	0
✓ Patak's Original Sweet Mango Chutney	21 g	60	0	0	14	0	210	0
✓ Sukh's Tamarind Chutney	20 g	50	0	0	13	0	170	0

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, pkg=package, DV=Daily Value, daily requirement based on 2,000 calorie/day. With the exception of the meals category, the nutritional information does not include additional meat, rice, or bread. Source: food package labels.

Much of Indian food is based on vegetables, beans, lentils, peas, whole grains, and spices, but that doesn't necessarily mean it's all good for you. While you can eat an extremely healthy diet of Indian food, be aware that India has many different regions, and they all have their own style of cooking. Some use more high-fat ingredients like coconut milk, cream, ghee (butter), and oil, while other regions rely on lighter, leaner vegetable- and bean-based entrees with simple grains.

Indian restaurants are increasing in popularity in the U.S. and the Indian section of most grocery stores is expanding. This gives you plenty of opportunity to enjoy a variety of Indian foods in the comfort of your own kitchen. It also lets you have more control over what ingredients you use. Restaurant chefs tend to be far more liberal with creams, oils, and butter compared to homecooks. EN reviewed dozens of supermarket Indian foods to recommend the best to you.

**Helpful hints.** When you find yourself wanting a taste of Bombay (or Punjab or Kashmir) keep these tips in mind:

- **Veggie time.** Take advantage of the fact that Indian dishes are loaded with vegetables and beans. Use these dishes as the cornerstone of your meal, with smaller portions of ingredients that are higher in fat and calories.
- **Simmer sauces.** While slightly high in sodium, these jarred sauces are a simple way to bring the taste of India into your kitchen. The chart includes our healthiest picks; just add a lean protein like skinless chicken or tofu and ring the dinner bell.
- **DIY.** For a simple, healthy dip for your naan bread or kebab meats, combine plain, fat-free Greek yogurt with chopped cucumber, minced mint, and your favorite Indian spices.

• **When eating out.** You may find dining at an Indian restaurant more to your liking than cooking yourself. If that's true, look for Tandoori dishes, which tend to be lean meats cooked at a high heat, or dal—a spiced bean or lentil stew. Many appetizers are deep-fried, so pass on them. [EN](#)

—Heidi McIndoo, M.S., R.D.