

Dish	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fats (g)
Chicken Biryani	450	20	60	15
Paneer Butter Masala	400	12	30	28
Fish Curry	350	25	15	20
Mutton Rogan Josh	500	30	10	35
Vegetable Pulao	300	6	50	8
Prawn Masala	320	22	10	18
Lamb Vindaloo	550	32	12	40
Chana Masala	280	14	40	6
Egg Curry	340	18	8	25
Butter Chicken	480	25	12	35
Vegetable Korma	320	8	20	24
Goan Fish Curry	370	24	15	22
Dal Tadka	240	12	30	8
Hyderabadi Biryani	520	28	55	20
Aloo Gobi	220	6	30	10
Tandoori Chicken	360	32	5	20