



# Low-Carb Indian Foods: List of Top 30+ Foods

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Many people mistakenly believe that the low-carb Keto diet doesn't align well with Indian cuisine. They feel uncertain about what to eat due to the vast array of Indian foods and spices.

However, this is far from the truth. In reality, the Keto diet can be seamlessly integrated into an Indian food regime.

## What is a Low-Carb Diet?

The low-carbohydrate diet is all about limiting carbohydrate intake. We inadvertently consume a lot of carbs when we don't follow any specific diet plan, but low-carbohydrate diets can help with it.

They replace high-carb foods with ones containing a high percentage of fat and protein, as the main goal of this diet is to decrease the body's reliance on glucose for energy and force it to burn fat instead.

When your body starts using stored fat as a main source of energy, you start losing weight.

Here's a list of Indian Keto recipes I have prepared for you, covering almost all types of vegetarian, non-vegetarian and dessert Indian recipes that are Low-Carb and will keep you on track during your weight loss journey.

## List of Vegetarian Low-Carb Food

Here are the 15 best Indian low-carb Vegetarian recipes in Keto style that you can follow blindly. If you are a vegetarian and follow the Keto diet, this list below is just gold for you.

### Paneer Bhurji With Capsicum

Let me begin by sharing Keto *Paneer Bhurji* with Capsicum recipe with you. It is absolutely

delicious. The recipe for it is also easy and quick, you will get it ready in just 25 minutes.

In order to make it an ideal Ketogenic recipe, I added ghee & butter to increase the fat count. You must try [this recipe](#), I'm sure you'll love it.

<b>Carbohydrates</b>	4 gram
<b>Calories</b>	463 kcal
<b>Fat</b>	39 gram
<b>Protein</b>	1 gram

## Tofu Bhurji Indian Style

After Keto *Paneer Bhurji*, let's make the delicious Keto Tofu [Bhurji](#) in Indian style. It is a perfect Keto recipe for vegetarians, easy to make and low-carb, of course.

You don't need out of the box ingredients to make this dish. Usually, the ingredients that you use are what you require for this, and I am sure they will be present in your kitchen.

<b>Carbohydrates</b>	7 gram
<b>Calories</b>	145 kcal
<b>Fat</b>	8 gram
<b>Protein</b>	6 gram

## Cauliflower Curd

Another lip-smacking recipe is [Keto Cauliflower Curd](#). This is easy to make, tasty and a light recipe that you can have at any mealtime. Add this perfect Keto dish to your diet plan and start shedding some extra pounds quickly.

<b>Carbohydrates</b>	16 gram
<b>Calories</b>	340 kcal
<b>Fat</b>	17 gram
<b>Protein</b>	26 gram

## Pav Bhaji

*Pav Bhaji* is one of the most popular street food in India and of my favourite Indian Keto Recipes. It is a blend of spicy mixed vegetables, served with butter-toasted dinner rolls.

But, I made a Keto version of Pav Bhaji for all those who miss the street food on the Keto diet. In order to make it [Keto-friendly](#), I have replaced typical bread with Ketogenic bread and potatoes with cauliflower. You must check the complete recipe for [Keto Pav Bhaji](#).

<b>Carbohydrates</b>	13 gram
<b>Calories</b>	330 kcal
<b>Fat</b>	30 gram
<b>Protein</b>	4 gram

## Idli

Are you missing the south Indian cuisine while being on a Keto diet? Well, you don't have to give up on *Idli* at least. Yes! You can have *Idli* if you're following the Keto because I have made a Keto version of this tasty south Indian recipe for you.

You just have to spend 15 minutes and it will be ready. I strongly recommend you should try this [Ketogenic idli](#), and you won't be disappointed.

<b>Net Carbs</b>	1.5 gram
<b>Calories</b>	80 kcal
<b>Fat</b>	6 gram
<b>Protein</b>	5 gram

## Sambar

Don't miss [this Sambar](#) on your Keto diet. Because I have this mouthwatering Keto Sambar recipe for you. To make it Keto-friendly, I had to replace or remove some ingredients. But don't worry, its taste will be similar to traditional sambar.

<b>Carbohydrates</b>	1.5 gram
<b>Calories</b>	53 kcal
<b>Fat</b>	3.5 gram
<b>Protein</b>	0 gram

## Makhani Cauliflower Bites

[Keto Makhani Cauliflower](#) bites is a no-dairy, complete veg ketogenic recipe. Although the name states *makhani* i.e. with butter, the recipe is entirely free from butter.

So, if you are a vegetarian, you must try this delicious and crispy dish. It is straightforward to make.

<b>Carbohydrates</b>	8 gram (net)
<b>Calories</b>	274 kcal
<b>Fat</b>	23 gram
<b>Protein</b>	5 gram

## Kadhi (Curry)

Make a Keto version of this world-famous dish, [Kadhi](#). There are very few Indians who can so no to curry, as it is surprisingly delicious and subtly flavoured with spices.

So, here is the Keto version of Kadhi for you. This Keto Kadhi is equally tasty and has a good flavour as the traditional Kadhi. Make it now!

<b>Net Carbs</b>	11 gram
<b>Calories</b>	246 kcal
<b>Fat</b>	75 gram
<b>Protein</b>	38 gram

## Cabbage Rolls

[Cabbage rolls](#) are mouthwatering, but while on a Keto diet, it doesn't fit on the menu. Well, not any more. This easy-to-make Keto cabbage rolls recipe swaps rice with cauliflower rice, making it even tastier and healthy.

You can try this filling recipe for midday munchies, late-night cravings, or house parties.

<b>Net Carbs</b>	11 gram
<b>Calories</b>	167 kcal
<b>Fat</b>	75 gram
<b>Protein</b>	38 gram

## Cauliflower Cole Slaw

I'm so excited to share this [keto cauliflower coleslaw](#) recipe with you! Keto Cauliflower Cole Slaw is an awesomely delicious, creamy and healthy dish. The recipe for it is also straightforward. There is no cooking needed, it only requires prepping up.

<b>Net Carbs</b>	5 gram
<b>Calories</b>	261 kcal
<b>Fat</b>	25 gram
<b>Protein</b>	3 gram

## Poha with Cauliflower

If you are looking for a perfect Keto breakfast, [Low-carb Poha](#) is a great option. It is not only healthy and tasty food but also quick to make, you will have it ready in 20 minutes.

So if you're a vegetarian and on the Keto diet, you must try this recipe.

<b>Carbohydrates</b>	9 gram
<b>Calories</b>	252 kcal
<b>Fat</b>	20 gram
<b>Protein</b>	7 gram

## Baingan Ka Bharta/Yummy Aubergine Mash

Meet your new Keto friend, [Baingan Ka Bharta](#) or Yummy Aubergine Mash. Once you try this delicious recipe and eat it, there is no turning back. You will fall in love with it.

The main ingredient of this Ketogenic recipe is aubergine or *baingan*. I made it Keto-friendly for you, all you need to do is follow the instructions properly.

<b>Carbohydrates</b>	8 gram
<b>Calories</b>	218 kcal
<b>Fat</b>	5 gram
<b>Protein</b>	6 gram

## Almond Roti Recipe

This Almond *Roti* Recipe will make you super happy! Because I have shared one of the best Ketogenic versions of *Roti*.

It is worth adding to your Keto diet plan as it is super healthy, delectable and easy to make. Visit [this link](#) to check the step-by-step instructions.

<b>Carbohydrates</b>	1.5 gram
<b>Calories</b>	150 kcal
<b>Fat</b>	13.8 gram
<b>Protein</b>	5 gram

## French Toast

Don't we all love a cosy brunch with some [French toast](#)? I think we all do. I have prepared these scrumptious French toasts for you.

These Keto toasts are healthy and the best brunch option to add to your diet plan. The recipe won't take much of your time. Enjoy!

<b>Carbohydrates</b>	4 gram
<b>Calories</b>	416 kcal
<b>Fat</b>	37 gram
<b>Protein</b>	15 gram

## Avocado Garlic Chutney

Try this creamy [Avocado Garlic Chutney](#) recipe. Easy to make and gets ready in just 15 minutes. You must add it to your Keto lifestyle. Happy cooking!

<b>Carbohydrates</b>	11.3 gram
<b>Calories</b>	84 kcal
<b>Fat</b>	3.1 gram
<b>Protein</b>	5.8 gram

## **List of Non-Vegetarian Low-Carb Food**

Check out my collection of Best Keto recipes for Indian Non-Vegetarians. These recipes are low on carbs and so easy to make. If you are a Non-Vegetarian and following the Keto diet, this list is for you.

### **Bacon Balls Recipe**

Let's start with low-carb [Bacon Balls Recipe](#). It is one of the perfect recipes for Keto Non-vegetarian and is incredibly easy to make.

You can eat them as a siesta snack, or as a delightful Keto Appetizer. I'm sure you will like this delectable dish.

<b>Carbohydrates</b>	1.4 gram
<b>Calories</b>	283 kcal
<b>Fat</b>	19.5 gram
<b>Protein</b>	4.1 gram

### **Chicken Shami Kebab Recipe**

Are you searching for a Keto non-veg starter? A very few snacks can be preferable over Chicken [Shami Kebab](#). It is a quick recipe and easy recipe. Once you make it, you won't be able to stop yourself from making it again. Must try!



<b>Net Carbs</b>	2.8 gram
<b>Calories</b>	162.1 kcal
<b>Fat</b>	13.3 gram
<b>Protein</b>	4.1 gram

## Italian Grilled Fish

Get this delicious [Italian Grilled Fish](#) ready in less than an hour. You won't believe how good this dish is, as it has a subtle balance of flavours that makes it so enjoyable.

You can serve this fish with grilled vegetables like capsicum, beans, or broccoli.

<b>Net Carbs</b>	zero gram
<b>Calories</b>	347 kcal
<b>Fat</b>	18 gram
<b>Protein</b>	43 gram

## Andhra Style Chilli Chicken

Who says that traditional dishes don't fit into the Keto lifestyle? I made this [Andhra Style Chilli Chicken](#) for you that will fit into your Keto meal plan perfectly.

It is equally delicious, just like other dishes I shared with you. I'm sure you will love its authentic flavour. Check out the recipe below.

<b>Net Carbs</b>	2 gram
<b>Calories</b>	429 kcal
<b>Fat</b>	17 gram
<b>Protein</b>	61 gram

## Chicken Tikka

Here is an easy low-carb [Chicken Tikka recipe](#) for Keto Non-Vegetarians. If you are not good at cooking, don't worry, the recipe is so simple. You can have it any time of the day with mint chutney.

<b>Net carbs</b>	6 gram
<b>Calories</b>	568 kcal
<b>Fat</b>	13 gram
<b>Protein</b>	58 gram

## Filipino-Style Chicken Adobo

[Filipino Chicken Adobo](#) is a very famous dish from the Philippines. I loved it and made its Keto version for you. It is a quick yet incredibly delicious chicken recipe.

You don't need something out of the box for this recipe, a few everyday ingredients will do. It doesn't even need tomatoes, ginger or even onions.

<b>Net Carbs</b>	3 gram
<b>Calories</b>	542 kcal
<b>Fat</b>	12 gram
<b>Protein</b>	53 gram

## Grilled Chicken

You will get addicted to this [Keto Grilled Chicken](#), just like me. This dish is so delicious, zippy, and juicy and requires very few ingredients. It is absolutely healthy and Keto-friendly. Make it as soon as possible and enjoy it with your friends and family for dinner.

<b>Carbohydrates</b>	5 gram
<b>Calories</b>	472 kcal
<b>Fat</b>	26 gram
<b>Protein</b>	53 gram

## Amritsari Fish Fry Recipe

Just like the name suggests that [Amritsari fish fry](#) recipe belongs to one of the famous cities of Indian known as Amritsar. You can have this Mouthwatering for a full meal or as a snack. It will get ready in 30 minutes. Must try!

<b>Carbohydrates</b>	11 gram
<b>Calories</b>	533 kcal
<b>Fat</b>	39 gram
<b>Protein</b>	34 gram

## Chicken Stew and Easy Spinach Salad

Keto is chicken stew is definitely one of my personal favorite dishes. It is super delicious and tickles your senses with the faint aroma of cloves, and cardamom.

In order to start your day with a bang, you can have [low-carb Spinach Salad](#) in the morning.

<b>Net Carbs</b>	5 gram
<b>Calories</b>	471.6 kcal
<b>Fat</b>	20.2 gram
<b>Protein</b>	48.8 gram

# List of Low-Carb Desserts

Are you feeling like having some delicious desserts, but don't know what to make? Check out my collection of the best Indian Keto Desserts recipes for you. Everything is sorted for you here, all you need to do is take some out to make these Ketogenic desserts and enjoy.

## Dark Chocolate Almond Flour Cake

Low-carb [Dark Chocolate Almond Flour Cake](#) is a perfect dessert for all those who are on the Keto diet and want to have cake on special occasions. It tastes simply awesome, gets ready in no time and needs just a handful of ingredients to make!

<b>Net Carbs</b>	3 gram
<b>Calories</b>	323 kcal
<b>Fat</b>	31 gram
<b>Protein</b>	8 gram

## Chocolate Muffins

These Keto Chocolate Muffins are scrumptious and Keto-friendly. These Ketogenic Muffins are as yummy as any other dessert can be. Make them in bulk and store them in the fridge for a [quick keto snack](#).

<b>Carbohydrates</b>	9 gram
<b>Calories</b>	301 kcal
<b>Fat</b>	26 gram
<b>Protein</b>	7 gram

## Low-carb Bliss Balls

These [Low-carb Bliss Balls](#) fit perfectly into your Keto lifestyle. Bliss balls are so easy to make and healthy. You can have them at any time of the day. They require just a few ingredients and

get ready in under 25 minutes. Take some time out to make this quick snack and enjoy!

<b>Carbohydrates</b>	1 gram
<b>Calories</b>	164.6 kcal
<b>Fat</b>	16.5 gram
<b>Protein</b>	2 gram

## Chocolate & Peanut Butter Fingers

For [this recipe](#), you don't need to have extraordinary cooking skills. It's a simple recipe you will get these chocolate fingers ready in a jiffy. They are Keto-friendly and so yummy to eat that you won't stop at one.

<b>Net Carbohydrates</b>	2 gram
<b>Calories</b>	137 kcal
<b>Fat</b>	13.8 gram
<b>Protein</b>	2.8 gram

## Protein Bar

Here are my protein energy bars for you. These [low-carb energy bars](#) just take just 20 minutes and need 5-6 ingredients. You can store them in the refrigerator and enjoy them later.

<b>Net carbs</b>	1.3 gram per piece
<b>Calories</b>	174 kcal
<b>Fat</b>	
<b>Protein</b>	

## Chocolate Lava Cake

Try my low-carb [Chocolate Lava Cake](#). This Lava cake is also delicious and will become your favourite. You can make this cake in the microwave or in an orthodox oven too. Follow my instructions carefully. Happy cooking!

<b>Carbohydrates</b>	8 gram
<b>Calories</b>	169 kcal
<b>Fat</b>	10 gram
<b>Protein</b>	10 gram

## Shrikhand Recipe

Let's mouth-watering [low-carb Shrikhand](#). This is one of the most Keto-friendly desserts. It tastes simply delicious, is easy to make and can be preserved in the fridge for later. Make a bowl of Shrikhand and have it as dessert after the meal.

<b>Carbohydrates</b>	5 gram
<b>Calories</b>	145 kcal
<b>Protein</b>	6 gram
<b>Fat</b>	11 gram

## Chia Seed Pudding

[Low-carb Chia Seed](#) Pudding is a great Breakfast option for you on Keto. This is a simple recipe easy to make and tastes awesome. Must try!

<b>Net Carbs</b>	2 gram
<b>Calories</b>	235 kcal
<b>Fat</b>	23 gram
<b>Protein</b>	3 gram

## Almond Cookies

These irresistible [almond cookies](#) are easy to make and a low-carb alternative (with just 2.8 grams of carbs per cookie) of normal almond cookies. The cookies resemble regular biscuits thanks to the addition of cocoa but have a low carb count. The author refrained from decorating them but encourages others to get creative. These cookies are sugar-free, grain-free, and gluten-free, making them suitable for people following a [ketogenic meal plan](#).

<b>Net Carbs</b>	4.9 gram
<b>Calories</b>	217 kcal
<b>Fat</b>	20.3 gram
<b>Protein</b>	4.9 gram

# Thank You!

For custom Keto diet plans,  
please get in touch with me.

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