Low-Calorie Sauces for a Calorie Deficit

Calories per serving, how to use them, and where to buy in India

Sauces are where flavour and hidden calories meet. This guide covers **seven sauces**: Amul Cheese Sauce, Wingreens Garlic Dip, The True Tomato ketchup, Yu Hot and Sweet Tomato sauce, Hershey's Zero Sugar Chocolate Syrup, Tabasco and Abbie's Yellow Mustard. For each you get **calories per serving, how to use it, how it helps a deficit and clickable places to buy**. I looked these up online today. Where I could not verify a calorie figure, the guide says so instead of guessing, so please **read the label on your own pack**.

1. Quick Comparison

At a glance

Why this matters: Serving sizes differ, so compare per serving and per 100 g.

PRODUCT	SERVING	CALORIES PER SERVING	PER 100 G	DATA NOTE
Amul Cheese Sauce (Mexican, 200 g)	20 g	About 39 kcal	196 kcal	Label data (BigBasket listing)
Wingreens Garlic Dip (yoghurt based, 150 g)	30 g (2 tbsp, my assumption)	About 37 kcal	123 kcal	BigBasket listing. An Instamart listing shows 70 kcal per 2 tbsp, so check your pack
The True Tomato Ketchup	15 g (1 tbsp)	Not verified. Planning estimate about 10 kcal	Not verified	Third-party data conflicts. Check your bottle
Yu Zero Sugar Hot & Sweet Tomato Ketchup	15 g (1 tbsp)	Not found	Not found	Zero added sugar is the brand's claim. Check the pack
Hershey's Zero Sugar Chocolate Syrup	15 g (1 tbsp)	5 kcal	Not listed	US label. India availability not confirmed
Tabasco Red Pepper Sauce	5 ml (1 tsp)	0 kcal on label	About 16 kcal per 100 ml	US/NZ labels and Open Food Facts
Abbie's Yellow (American) Mustard	5 g (1 tsp)	About 0 kcal (typical yellow mustard)	Not on the page I saw	Abbie's label not seen. Typical of yellow mustard

2. Amul Cheese Sauce

Creamy topping, used sparingly

Keep in mind: Cheese flavour in a squeeze bottle, but only low calorie if you stick to a serving.

ASPECT	DETAILS
Calories	About 39 kcal per 20 g serving (196 kcal per 100 g, 16 g fat, 1.1 g carbs). This is for the Mexican variant. Other flavours (Pizza, Jalapeno, Green Chutney, Salsa) may differ, so check the label.
How to use	Drizzle a measured spoon over a roti wrap, grilled chicken or paneer, egg sandwich, steamed vegetables or a baked potato. Use it as a topping, not a base.
Deficit angle	A real cheese flavour hit for few calories if you stick to 1 serving. Made from cheese and milk, with a little protein.
Watch out	It is not low calorie by weight. A casual 60 g squeeze is about 118 kcal. Refrigerated product, so measure it and keep it cold.
Where to buy	BigBasket (Mexican) | BigBasket (Pizza) | Amul product page

3. Wingreens Garlic Dip

Curd-based dip

Why this works: A garlicky, yoghurt-based dip that is far lighter than mayo-style options.

ASPECT	DETAILS
Calories	About 123 kcal and 7.5 g protein per 100 g on the BigBasket listing, so about 37 kcal per 30 g (2 tbsp, my calculation). The Instamart listing shows 70 kcal and 7 g fat per 2 tbsp, which does not match, so check the pack.
How to use	Use as a dip for cucumber, carrot and roasted veggies, a spread in sandwiches and wraps in place of mayo, or a sauce for tikka and kebabs.
Deficit angle	Curd-based (curd 90%), so it adds some protein and is much lighter than mayo-style dips.
Watch out	Quantities add up fast with chips or naan, so pair it with vegetables. Perishable, so keep it refrigerated.
Where to buy	BigBasket | Swiggy Instamart

4. The True Tomato Ketchup

No-added-sugar ketchup

Keep in mind: A ketchup swap that cuts sugar. Check the variant and label.

ASPECT	DETAILS
Assumption	I took 'True tomato sauce' to mean The True Tomato ketchup (Kridha India), which has a no-added-sugar version. Tell me if you meant another brand.
Calories	I could not verify the no-added-sugar label. Third-party listings conflict, and some variants (such as the Classic and Kids versions) show 14 g added sugar per 100 g. As a planning estimate I would count about 10 kcal per tablespoon until you read your bottle.
How to use	With egg bhurji, grilled sandwiches, cutlets, air-fried snacks, or as a base for homemade tikka and pizza sauces.
Deficit angle	Replacing regular ketchup saves roughly 10 kcal or more per tablespoon (regular Kissan is 133 kcal per 100 g, about 20 kcal per 15 g).
Watch out	Make sure you buy the 'No Added Sugar' variant. It is made to order and refrigerated, and pricey per bottle.
Where to buy	Flipkart (550 g, pack of 2) | Flipkart (220 g, pack of 2). Blinkit also lists a 550 g No Added Sugar version, so search 'The True Tomato' there.

5. Yu Zero Sugar Hot and Sweet Tomato Sauce

Sweet-spicy, no added sugar

Keep in mind: A sweet-chilli style sauce without added sugar, but I could not verify its calories.

ASPECT	DETAILS
Calories	I could not find the nutrition label. Yu says it has zero added sugar and no preservatives. Comparable zero-sugar ketchups list about 4 to 6 kcal per tablespoon-sized serving (Veeba says under 4 kcal per serving), but treat that as a reference only. Read your pack.
How to use	Use as a sweet-spicy dip for air-fried snacks, a sauce for noodles and stir fries, a marinade base, or on sandwiches and wraps.
Deficit angle	Gives the sweet-chilli style flavour of typical hot and sweet sauces without the added sugar.
Watch out	Zero added sugar does not mean zero calories. Check carbs and sweeteners on the label.
Where to buy	Blinkit (2 x 270 g, showed out of stock when I checked) | Amazon.in Yu brand search

6. Hershey's Zero Sugar Chocolate Syrup

Dessert flavour for about 5 kcal

Keep in mind: A chocolate fix for very few calories, though I could not confirm Indian availability.

ASPECT	DETAILS
Calories	5 kcal per tablespoon (15 g) on the US label: 0 g sugar, 0 g fat, 2 g carbs and 2 g sugar alcohol. Sweetened with sucralose and acesulfame potassium.
How to use	Stir into milk or a protein shake, drizzle on Greek yogurt, oats, banana or air-fried fruit, or swirl into coffee.
Deficit angle	A chocolate fix for about 5 kcal a spoon, which can replace sugary syrups and spreads.
Watch out	I could not confirm an Indian listing for the Zero Sugar version. The Indian pages I found are the regular syrup and an imported Hershey's Lite syrup, which still contains sugar. Read the front label for 'Zero Sugar'. Some people find sweeteners cause cravings or stomach upset.
Where to browse	BigBasket Hershey's syrups | Zepto Hershey's page. On Amazon.in search 'Hershey's Zero Sugar chocolate syrup' and check the seller.

7. Tabasco Red Pepper Sauce

Heat for nearly zero calories

Why this works: A few drops add big flavour to plain food.

ASPECT	DETAILS
Calories	0 kcal per 1 tsp (5 ml) on the label, with 35 mg sodium. Open Food Facts lists about 16 kcal per 100 ml, which is under 1 kcal per teaspoon. Made from vinegar, red pepper and salt.
How to use	Shake a few drops over eggs, soups, dals, grilled meat, salads, popcorn or makhana. Also good in marinades and buttermilk spice mixes.
Deficit angle	The cheapest way to add heat and flavour to plain high-protein food. Strong taste means a little goes far.
Watch out	A very small amount is zero calories, but a lot of any hot sauce can irritate the stomach, especially with reflux or ulcers. Watch the sodium.
Where to buy	Blinkit | Swiggy Instamart

8. Abbie's Yellow Mustard

Creamy-tasting, nearly zero calories

Why this works: One of the lowest-calorie condiments you can use in place of mayo.

ASPECT	DETAILS
Calories	About 0 kcal per teaspoon (5 g). I did not see Abbie's own label, but American yellow mustards such as French's and Heinz list 0 kcal per tsp. BigBasket highlights 'zero fat, zero sugar' for the Abbie's 255 g pack.
How to use	Spread on sandwiches and wraps instead of mayo, mix into curd for a light dressing, or use on grilled chicken, egg salad or burgers.
Deficit angle	One of the lowest-calorie creamy-tasting condiments. Replacing 1 tablespoon of mayo-style sauce (about 40 kcal) saves most of those calories.
Watch out	Sodium is around 55 to 65 mg per teaspoon in similar mustards. It is strongly tangy, so it won't suit every dish.
Where to buy	BigBasket (255 g) | BigBasket (397 g) | Flipkart (255 g squeeze)

9. Swap Maths

Where the calories are saved

Keep in mind: Figures are calculated from the per-100 g label values I found, per tablespoon (15 g). Zero-sugar ketchup and syrup figures are approximate.

INSTEAD OF	APPROX. CALORIES	SWAP TO	SAVING
Regular ketchup (Kissan, 133 kcal per 100 g)	About 20 kcal per tablespoon	A no-added-sugar ketchup (like the True Tomato or Yu) at roughly 4 to 10 kcal per tablespoon (unverified)	About 10 to 16 kcal
Chipotle dip (Wingreens, 443 kcal per 100 g)	About 66 kcal per tablespoon	Wingreens Garlic Dip (yoghurt), about 18 kcal per tablespoon	About 48 kcal
Mayo-style dip (Wingreens Italian Herb Mayo, 282 kcal per 100 g)	About 42 kcal per tablespoon	Yellow mustard, about 0 kcal per teaspoon	About 40 kcal
Regular chocolate syrup	Sugar-based. I did not source a figure, so check your label	Hershey's Zero Sugar syrup, 5 kcal per tablespoon	Check your label
Cream-based or oily sauces	Highly variable	Tabasco or a squeeze of lemon for flavour, about 0 kcal	Depends on what you replace

10. How These Sauces Help a Deficit

Use them well

Why this works: They help with adherence, if portions stay under control.

POINT	WHAT TO KNOW	TIP
Flavour lets you eat more protein and vegetables	Sauces help you finish lean chicken, egg whites, paneer, salads and steamed veg without boredom.	Adherence is what drives a deficit.

POINT	WHAT TO KNOW	TIP
Calories per serving can mislead	The Amul sauce is 39 kcal per 20 g but 196 kcal per 100 g. A 'low calorie' sauce is only low if you stick to the serving.	Weigh it, or use a measuring spoon.
Swap, don't add	The savings come from replacing a higher-calorie sauce, not from adding these on top of everything.	Use the swap table above.
Track sauces	Log them in your food app if you use more than a tablespoon.	Small amounts add up across a day.
Sweeteners and zero sugar	Zero-sugar products often use sweeteners or sugar alcohols. They are fine for most people, but can cause gas or loose stools in some.	Start with small amounts.
Watch sodium	Hot sauce, mustard, ketchup and cheese sauce all contain salt.	Be careful if you have high blood pressure.
Real food still wins	Sauces are seasoning, not nutrition. Build meals on protein, fibre and vegetables first.	Sauce is the finishing touch.

11. Where to Browse if a Link Doesn't Work

Platforms and tips

Keep in mind: Links come from search results today. Stock, price and pack sizes change, and listings go out of stock.

PLATFORM	BEST FOR	TIP
BigBasket	Wide range of sauces and dips, and imported items. Good for Amul, Wingreens, Abbie's and Hershey's.	Search the product name, filter by brand and check the pack size and expiry.
Blinkit	Quick delivery. Lists Tabasco, Yu and The True Tomato (No Added Sugar).	Stock depends on your area and pincode, so try again later if it says out of stock.
Swiggy Instamart	Quick delivery. Lists Tabasco and Wingreens dips.	Check refrigerated items are shown as in stock for your pincode.
Zepto	Quick delivery. Has a Hershey's brand page with syrups.	Check the product title for 'Zero Sugar'.
Amazon.in	Often carries imported items. Check whether Hershey's Zero Sugar is listed. Many third-party sellers.	Check the seller, expiry date and reviews, and compare prices.
Flipkart	Lists Abbie's mustard and The True Tomato.	Check the seller, pack size and variant name.
Brand websites and offline stores	Some brands sell direct. Modern supermarkets and gourmet stores stock imported sauces.	Ask the store to order if they don't have it.

Note: This is general nutrition information, not medical advice. Calories come from product listings and labels I found online (BigBasket, Swiggy Instamart, Open Food Facts and US retailer labels) and may differ from your pack, as recipes and regions vary. Figures marked unverified are estimates. Prices are not included because they change often. People with diabetes, high blood pressure or on medicines should check sauces and sweeteners with their doctor or dietitian.