

# Teen Daal or Three Lentil Daal

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-daal-taste-of-india-recipe>

## Ingredients:

- 1/2 cup chana dal split bengal gram
- 1/4 cup urad dal split black lentil with skin
- 1/2 moong dal split green gram
- 4 garlic cloves
- 1 teaspoon ginger grated
- 1 green chilis
- 1 teaspoon cumin seeds
- 1 pinch asafoetida
- 1 red onion finely chopped
- 2 chopped tomatoes finely
- 1 teaspoon red chili powder or according to taste
- 3/4 teaspoon turmeric powder
- 1 1/2 teaspoons Garam Masala
- 1 teaspoon coriander powder
- salt according to taste
- 2 tablespoons ghee
- 3 cups water
- 3 tablespoons fresh lemon juice

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 25 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. Sodium: 240 milligrams
7. Sugar: 7 grams

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