

CHICKEN ENCHILADAS

Waqtiga Diyaarinta: 10 daqiiqo

Waqtiga Karinta: 30 daqiiqo

Waxaa ku jira Sanduuqa:

- 2 (5 oz) qasacadaha digaagga, la miiray
- 1 (14.5 oz) yaanyo jarjaran qasaacadaysan oo soodhiyantu ku yartahay
- 1 (15 oz) digir madaw qasaacadaysan oo aan lahayn milix, la miiray oo la maydhay

Noocyada uu ka koobanyahay ee

Dheeraadka ah ee Loo Baahan Yahay:

- 8, 6" sabaayada jaalaha ah ee jilicsan
- 1 basal yar (-½ c.), La jarjaray
- ¼ c. jiis jarjaran
- 1 T toon budo ah
- ½ qaado khamuun ridqan

Tilmaamaha:

1. Kulaylka hore ee ka sareeya ilaa 350 darajo F.
2. Weel yar ku dar yaanyada la jarjaray, basasha, qorfe iyo toon; walaaq si aad isugu qasto. Isku dar kala badh isku darka xagga hoose ee saxan dubista.
3. Si siman u buuxi tortillada digaag, digirta madaw iyo jiis la jarjaray. Si tartiib ah u soo duub oo meel dhinac u dhig.
4. Ku dabool enchiladas isku darka haray. Dabool weel dubis oo dub 25-30 daqiiqo.

Talo: Ku dar salar, avocado iyo liin dhanaan la miiray dhadhan dheeraad ahaan!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 4
Adeegga Cabbirka: 2 enchiladas
Kaaloriga: 311
Dufan: 5 g
Soodhiyam: 555 mg
Kaarboonhaydarayt: 43 g
Cuntada Galka leh: 12 g
Bortiin: 27 g
Adeegyada Kaarboohaydrayt: 3

**Xaqiiqooyinka nafaqada waxaa ka mid ah yaanyo yaryaran qasaacadaysan oo aan lagu darin cusbo, premium chunk chicken breast oo qasaacadaysan oo ku jira biyo oo la miiray, digirta madaw qasaacadaysan 50% ay ka yartaahy soodhiyatu, 6" sabaayadda jilicsan ee jaalaha ah, Kraft oo aad loo jeexjeexay afar jiis oo isku dhaf ah Meksiko, basal cad yar, iyo dhir udgoon.*