

DIGAAGA KU JIRTA SOOSKA LOWSKA

Waqtiga Diyaarinta: 5 daqiiqo

Waqtiga karinta: 25 daqiiqo

Waxaa ku jira Sanduuqa:

- 1 c. bariis cawlan, la kariyay
- 1 (5 oz) digaag qasaacadaysan, la miiray
- ½ c. yaanyo jarjaran qasaacadaysan oo soodhiyantu ku yartahay
- ½ c. digir cagaaran oo qasacadaysan oo cusbo aan lahayn, la miiray oo la maydhay
- 3 T Caanaha lawska

Noocyada uu ka koobanyahay oo Dheeraadka ah ee Loo Baahan Yahay:

- 1 basal yar (-¼ c.), La jarjaray
- 2 qaado toon budo ah
- 2 qaado singibiil budo ah
- ½ qaaddo basbaas budo ah

Tilmaamaha:

1. Ku dar yaanyada, subagga lawska, basasha, xawaashka, iyo 1 c. biyo digsi oo isku kari ilaa 15 daqiiqo; walaqaya in la isku daro oo la simo.
2. Ku dar digirta iyo digirta cagaaran; kari ilaa 10 daqiiqo oo dheeraad ah dab yar.
3. Ku darso baastada diiran.



Xaqqiyooyinka Nafaqada*

Wadarta Adeegyada: 2

Adeegga Cabbirka: 1 c.

Kaloori: 377

Dufan: 14 g

Soodhiyam: 470 mg

Kaarboonhaydarayt: 40 g

Cuntada galka leh: 6 g

Borotiin: 25.5 g

Adeegyada Kaarboohaydrayt: 2 ½

**Xaqqiyooyinka nafaqada waxaa ka mid ah premium chicken breast ee qasacadaysan ee biyaha ku jira (la miiray), yaanyo jarjaran qasaacadaysan aan lagu darin cusbo, jif subagga looska shiidan, bariis cawlan oo la kariyay, biiniska cagaaran ee la jarjaray ee qasacadaysan ee aan lagu darin cusbo, basal cad oo yar, iyo dhir udgoon.*