

Waqtiga Diyaarinta: 3 daqiiqo

Waqtiga Karinta: 6-15 daqiiqo

Waxaa ku jira Sanduuqa:

- 2 c. bariis cawlan, la kariyay
- 1 (15 oz) qasacad dirir madow oo aan milix lahayn, la miiray oo la maydhay
- 1 (15 oz) khudaar iku jir ah qasaacadaysan oo aan cusbo lahayn, la miiray oo la maydhay

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

- ½ basal yar (~¼ c.), La jarjaray
- 1 T toon budo ah

Tilmaamaha:

1. Basal ku dar dheri weyn kuleyl dhexdhexaad-sare ah; oo kari ilaa inta ay ka burburayso (3-4 daqiiqo).
2. Ku dar digirta kelyaha, khudaarta isku qasan iyo budada toonta dicsiga; walaq si aad isugu darto. Dabool oo ku kari dab yar ilaa 10 daqiiqo.

AMA

1. In baaquli ammaan microwave, isku dar dhammaan maaddooyinka oo kari ilaa 1 ½ daqiiqo. isku walaq si fiican iskugu qas oo kari ilaa 1 daqiiqo ama ilaa si fiican loo kululeeyo.



Xaqqiyooyinka Nafaqada*

Wadarta Adeegyada: 4
Adeegga Cabbirka: 1 c.
Calories-ka: 245 kcal
Dufan: 1 g
Soodhiyam: 158 mg
Kaarboonhaydarayt: 49 g
Cuntada Galka leh: 11 g
Bortiin: 10 g
8 Adeegyada Kaarboohaydrayt. 3

**Xaqqiyooyinka nafaqada waxaa ka mid ah digirta kalida oo 50% soodhiyamtu ka yartahay, khudaarta qasaacadaysan oo isku jir ah oo aan milix lahayn, bariis bunnii badar dhexdhexaad ah la kariyey, basal cad oo yar, iyo budada toonta.*