

Waqtiga Diyaarinta: 5 daqiiqo

Waqtiga Karinta: 20 daqiiqo

Waxaa ku jira Sanduuqa:

- ½ c. yaanyo qasaacadaysan oo cusbadu ku yartahay
- ½ c digir qasaacadaysan (madaw ama kali ah) oo qasaacadaysan oo aan cusbo lahayn, la miiray oo la maydhay

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

- 2 ukun
- 2, 6" sabaayad jilicsan
- ½ basal yar (-¼ c.), La jarjaray
- 1 qaaddo-shaah toon budo ah
- ¼ qaaddo-shaah khamuun

Tilmaamaha:

1. Ku dar basasha digsi dhexdhexaad ah kuleyl dhexdhexaad ah; kariyo ilaa ay ka muuqato (3-4 daqiiqo).
2. Ku dar yaanyada la jarjaray, digirta, xawaashka iyo ¼ c. biyo digsi; isku dar oo isku kari (10 daqiiqo). Ku dar biyo badan haddii ay aad u qalalan yihiin ama qaro weyn yihiin.
3. Abuur laba ceel oo isku jira dhinac kasta oo digsi ah, hubi inaysan taaban. Ukunta u kala jebi ceelasha digsigaa adigoo jeex -jeexin. Karso 4-5 daqiiqo, ama ilaa inta la rabo in la joogteeyo.
4. Inta ukunku karinayo, ku kari sabaayadda microwave ama foornada ilaa ay diirto. Si taxaddar leh uga saar digsigaa ukunta iyo idku dhafka yaanyada; kala qaybi kala badh dusha sare ee sabaayadda.



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 1

Adeegga Cabbirka: 2 ukun iyo tortillas

Kaaloriga: 328 kcal

Dufan: 9.5 g

Soodhiyam: 239 mg

Kaarboonhaydarayt: 39 g

Cuntada Galka leh: 9.5 g

Borotiin: 19.5 g

Adeegyada Kaarboohaydrayt: 2 ½

**Xaqiiqooyinka nafaqada waxaa ka mid ah yaanyada jarjaran ee qasaacadaysan oo aan lagu darin cusbo, dhigirta madaw ee qasaacadaysan oo ay 50% ka yartahay soodhiyamtu, 6 "sabaayadda jilicsan ee jaalaha ah, 2 ukun bunnii ah oo weyn, ½ basal cad oo yar, iyo xawaashyo.*