

Waqtiga Diyaarinta: 10 daqiiqo

Waqtiga Karinta: 30 daqiiqo

Waxaa ku jira Sanduuqa:

- 1 (15 oz) khudaar iku jir ah qasaacadaysan oo aan cusbo lahayn, la miiray oo la maydhay
- ¼ c. 1% caano

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

- 6 ukun, si khafiif ah loo garaacay
- 1 baradho macaan, ugu dambayn la jar jarey
- ¾ c. jiiska jadar ee la jarjaray
- 1 basal yar (-¼ c.), La jarjaray

Tilmaamaha:

1. Kulaylka hore ee ka sareeya ilaa 350 darajo F.
2. Isku dar maaddooyinka baaquli cabbir dhexdhexaad ah; isku qas si ay iskugu darmaan.
3. Ku shub waxyaabaha ku jira 8x8 "saxan dubista labajibbaaran, ama 9" digsi wareegsan.
4. Ku rid foornada oo dub ilaa 30 daqiiqo, ama ilaa ukunta ka soo baxdo.

Talo: Ku dar caleenta cagaaran (isbinaajka ama kale), boqoshaada, zucchini ama broccoli kahor intaadan dubin khudaar iyo dhadhan dheeraad ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 6
Cabirka Adeegga: 1 jeex (4" x 2 ½")
Khudaarta cagaaran: 190
Dufan: 7 g
Soodhiyam: 168 mg
Kaarboonhaydaray: 14 g
Cuntada Galka leh: 3 g
Borotiin: 11 g
Adeegyada Kaarboohaydrayt: 1

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah khudaarta isku qasan ee qasaacadaysan ee qasaacadaysan, 1% caano, ukun bunni ah oo waaweyn, 1 baradho macaan oo cusub, jiiska (Kraft sharp cheddar shredded), iyo basal cad oo yar.*