

KU-DHUUQA DIGIRTA PINTO

Waqtiga Diyaarinta: 7 daqiiqo

Waqtiga karinta: 15 daqiiqo

Waxaa ku jira Sanduuqa:

- 1 c. digirta pinto, karsan
- ½ c. yaanyo qasaacadaysan oo cusbadu ku yartahay

Noocyada uu ka koobanyahay

oo Dheeraadka ah ee Loo Baahan Yahay:

- 1 basal yar (~½ c.), La jarjaray oo yareeyey
- ½ c. jiis jarjaran, (dookh ahaan dufan yar)
- 1 T toon budo ah
- 1 qaaddo basbaas budo ah

Tilmaamaha:

1. Ku dar ¼ c. biyo iyo basal lagu kariyo kulayl dhexdhexaad ah; kari ilaa ay ku burburto (3-4 daqiiqo).
2. Ku dar yaanyo jarjaran, toon iyo basbaas budo ah daawha, isku qas oo kari ilaa 1 daqiiqo.
3. Ku dar digirta pinto; dabool oo kari ilaa 10 daqiiqo dab yar.
4. Ka saar dabka. Isticmaal qase si loo jilciyo, ama ku buburi fargeeto ilaa ay jillicdo.

Tallo:

Ku darso khudaar cusub sida ulaha karootada ama celery si aad u hesho cunto fudud ama saxan dhinac ah.



Xaqqi qooyinka Nafaqada*

Wadarta Adeegyada: 8

Cabbirka Adeegyada: ¼ c.

Kaaloriga: 58

Dufan: 1.5 g

Soodhiyam: 43 mg

Kaarboonhaydarayt: 8 g

Cuntada Galka leh: 2.5 g

Borotiin: 3 g

Adeegyada Kaarboonhaydrayt: ½

** Xaqqi qada nafaqada waxa ka mida digirta pinto la bayliyey, qasacad yaanyo jarjaran aan lahayn milix, 1 basal yar oo cad, jiis la jarjaray iskuqas Mexicanah, iyo xawaash.*