

## MEXICAN CHICKEN PIZZA

**Waqtiga Diyaarinta:** 10 daqiiqo

**Waqtiga karinta:** 15 daqiiqo

**Waxaa ku jira Sanduuqa:**

- ½ c. Suugo isbagaati oo soodhiyamtu ku yartahay
- ½ c. digirta pinto, karsan
- 1 (5 oz) digaag qasaacadaysan, la miiray

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

- 1, 10" sabaayad
- 1 basal yar, la jarjaray
- ½ basbaas cagaaran oo dhexdhexaad ah, la jarjaray
- ½ c. jiis jarjaran (dookh ahaan mid dufan yar)
- ½ qaado basbaas budo ah

**Tilmaamaha:**

1. Hore u sii Kulayli moofada ilaa 350 darajo F. Tortilla si balaaran u saar xaashida lagu dubo
2. Si siman ugu shub totilla sooska isbageetiga. Ku dar tortilla digirta pinto, digaag, basal iyo barbarooni cagaaran. Dusha ka saar jiis jarjaran oo ku dul saydh basbaas budo ah.
3. Moofada geli ilaa 15 daqiiqo, ama tortilla inta casaanayso oo qarjajam noqonayso.

**Talo:** Saar afokaado xaleefa, kamsaro iyo caleen dhadhan ahaan.iyo nafaqo ahaan! Ku beddel qasacad aan milix lahayn oo digir madow halkii digirta pinto.



**Xaqqiyooyinka Nafaqada\***

**Wadarta Adeegyada:** 2

**Cabbirka Adeegga:** ½ pizza

**Khudaarta cagaaran:** 267

**Dufan:** 6.5 g

**Soodhiyam:** 382 mg

**Kaarboonhaydarayt:** 40 g

**Cuntada Galka leh:** 9.5 g

**Borotiin:** 12 g

**Adeegyada Kaarboohaydrayt:** 2 ½

*\*Xaqqiqaada nafaqada waxa ka mida soos isbageeti qasacadaysan iyo tamaandho (milix aan lagu darin), digirta pinto karsan, shaf digaag qasacadaysan oo biyo ku jira (miiran), 10" tortillas galley (95% subag la'aan), basal yar oo cad, barbarooni akhdara, jiis afar nooc jarjaran, iyo basbaas budo ah.*