

QUESADILLA DOORO AH OO DUHA FURAN

Waqtiga Diyaarinta: 5 daqiiqo

Waqtiga karinta: 10 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:

- 4, 6" tortillas galley jilicsan
- 1 basal yar, la jarjaray
- ½ basbaas cagaaran oo dhexdhexaad ah, la jarjaray
- ½ c. jiis jarjaran
- 1 qaado toon budo ah
- ½ qaado basbaas budo ah

Tilmaamaha:

1. Isku dar sooska isbageeti, digir pinto karsan, digaag, basal iyo xawaash baaquli microwave la gelin karo. Isku walaaq oo iskugu qas. Dabool oo microwave-ka sareeya 1 daqiiqo. Ka saar oo walaaq. Ku celi microwave 1 daqiiqo oo dheeraad ah. ama ilaa uu si dhan u kululaanayo.
2. Si balaaran u dhig totillas daawaha dab sarreeya oo kari 2-3 daqiiqo. Rog tortillas, ku dar jiiska jarjaran iyo isku-darka digaaga tortillas furan.

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



Xaqqiyooyinka Nafaqada*

Wadarta Adeegyada: 2
Cabbirka Adeegga: 2 quesadillas
Khudaarta cagaaran: 337
Dufan: 8 g
Soodhiyam: 505 mg
Kaarboonhaydarayt: 40 g
Cuntada Galka leh: 9 g
Borotiin: 28 g
Adeegyada Kaarboohaydrayt: 2 ½

**Xaqqiyooyinka nafaqada waxa ka mida soos isbageeti qasacadaysan iyo tamaandho leh (milix aan lagu darin), digirta pinto karsan, shaf digaag qasaacadaysan oo biyo ku jira (miiran), 6" tortillas galley huruuda, basal yar oo cad, barbarooni akhdara, jiis afar nooc jarjaran, iyo xawaash.*