



Saladhka Furuutka iyo Lowska Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. | Waqtiga guud 15 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Baaquli weyn
Baaquli yar
Khudaar hoole

Maacuunta:

Mindi
Qaaddo yar ama fandhaal
Fargeeto ama xurbin
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

5 koob oo kabaash ah, si dhuudhuuban loo jarjaray
AMA 1 16 wiqiyadood oo bac koola saladh ah
1/2 koob oo furuut la qalajiyay ah (murcod
macaankiisa la dhimay, sabiibka, iwm.)
1 karooto, la firay
1/3 koob oo khal ah (cad, khamriga cas, ama
tufaaxa)
2 qaaddo oo sonkor ah
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
3/4 qaaddo oo cusbo ah
1/2 qaaddo oo filfil ah
2 tufaax oo dhexdhexaad ah, diirka laga fiiqay oo si
dhuudhuuban loo saafay
1/4 koob oo laws aan cusbo lahayn ah (jows
Ameerikaan, yicib, iwm.) la kala dhambalay

Macluumaadka Nafaqada:

Kalooriyada 160
Dufanka Guud 5g
Cusbada 320mg
Karbohaydaraydhka Guud 29g
Borotiinka 1g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, furuutka, iyo khudaarta.
2. Ku rid baaquli weyn kabaashka, furuutka la qalajiyay, iyo karootada.
3. Adigoo adeegsanaya baaquli yar, isku qas khalka, sonkorta, saliida, milixda iyo filfisha adigoo adeegsanaya fargeeto ama xurbin.
4. Ku shub dhafdhafka khalka leh kabaashka dushiisa. Kawtan si aad isugu darto.
5. Ku dar tufaaxa yo lawska wax yar kahor inta aadan gurin oo si fiican isugu walaaq.