



Khudaarta Duban

Xaddiga Cuntada 4 | Waqtiga diyaarinta 5 daqiiqo. |
Waqtiga guud 35 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Saxanka foornada

Sufurka ama xaanshida cunto dubista ama xaanshida saloolka

Maacuunta:

Mindi

Qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 bocor oo dhexdhexaad ah (kuuso/sukiini ama bocorka jaallaha ah), loo kala jarjary 1/2 qayb

1 barbarooni cas ama cagaar ah, loo kala jarjaray gabalo 1/2-inji ah

1 basal, loo saafay si 1/2-inji ah

2 xabo oo toon qoyan ah, la kalaawiyay AMA 2 qaaddo oo toonta buddada ah

2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

1/2 qaaddo oo cusbo ah

1/4 qaaddo oo filfil ah

1/2 qaaddo oo geed adari ah (Ikhtiyaari)

1 qaaddo oo khalka madow ah (Ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 425 darajo xaraareed.
3. Saxanka foornada waxaad saartaa sufur ama xaanshida cunto dubista. Khudaarta ku ururi dhexda saxanka foornada. Ku dul daadi saliida khalka madow, haddii la isticmaalayo. Ku rushee toonta, milixda/cusbada, basbaaska, iyo geed adariga, haddii la isticmaalayo.
4. Kawtan adigoo isticmaalaya qabatada ama gacmahaaga ilaa khudaarta ay ka gaarto dhafdhafka saliida. Ku faafi khudaarta hal lakab oo xaanshida saxanka dubista ah.
5. Dub khudaarta muddo dhan 20-30 daqiiqo ama ilaa khudaarta ay ka jilicdo.

Macluumaadka Nafaqada:

Kalooriyada 100 Dufanka Guud 7g Cusbada 300mg Karbohaydaraydhka
Guud 8g Borotiinka 2g