



Qajaarka Saladhka ah

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. |

Waqtiga guud 1 saac, 10 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Baaquli weyn

Maacuunta:

Mindi

Qaaddada cuntada lagu walaaqo

Qaaddooyinka iyo koobabka cuntada lagu cabbiro

Maaddooyinka

3 xabo yaanyo yaryar ah, la jarjaray

1 qajaar weyn, la jarjaray

1/2 basal ah, si fiican loo jarjaray

1 xabo barbarooni cagaar ah oo dhexdhexaad ah, si fiican loo jarjaray

1/3 koob oo kabsar caleen daray ah, si yar loo jarjaray AMA 1 qaaddo oo kabsar caleen la qalajiyey ah (ikhtiyaari) 1/3 koob oo gaosaarta Talyaaniga oo aan dufan lahayn AMA Maraqa Goosaarta Saladhka ee Celebrate Your Plate

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Isku dar maaddooyinka oo dhan adigoo adeegsanaya baaquli weyn oo walaaq si aad isugu gasto. Geli firintijeerka ugu yaraan 1 saac kahor inta aadan gurin.

Macluumaadka Nafaqada:

Kalooriyada 45 Dufanka Guud 1g

Cusbada 230mg

Karbohaydaraydhka Guud 9g

Borotiinka 1g