



Cantuugada Lowska Subagga Leh ee Aan La Karin

Xaddiga Cuntada 10 | Waqtiga diyaarinta 30 daqiiqo. | Waqtiga guud 30 daqiiqo.

Qalabka:

Gasac fure

Baaquli dhexdhexaad ah

Qaaddada cuntada lagu walaaqo

Maacuunta:

Fargeeto

Qaaddo

Koobabka iyo qaaddooyinka cuntada

lagu cabbiro

Maaddooyinka

1 15.5 wiiyadood oo digir cad ah oo gasacadaysan oo aan wax cusbo lagu darin (digirta ciidanka, Digir Beebeeshee, digirta cad ee godan, iwm.), la qallajiyay oo la biyo raaciyay
1/4 koob oo malab ah
1 qaaddo oo faniilaha (caadiga ah ama asalka ah) buddada ah
3/4 koob oo laws shiidan ah AMA qowshaha lowska ah
1 1/2 koob oo daqiiqda boorashta dhaqso karto ah ama duban

Macluumaadka Nafaqada:

Kalooriyada 230

Dufanka Guud 11g

Cusbada 55mg

Karbohaydaraydhka Guud 27g

Borotiinka 8g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, gasacadaha dushooda, maacuunta, iyo khudaarta.
2. Adigoo adeegsanaya baaquli dhexdhexaad ah, ku burburi digirta fargeeto ilaa ay saluug ka noqoto.
3. Ku walaaq malabka, faniilaha, iyo laws la shiiday.
4. Isku dar boorashta iyo dhafdhafka lawska la shiiday ama shiidan oo si fiican u walaaq.
5. Isticmaal qaaddo si aad u dhurto dhafdhafka lawska la shiiday ama shiidan. Ku cantuug qaybta gacmahaaga dhexdooda si aad dhafdhafka uga dhigto kubbad camal.
6. Ku qabooji firintijeerka ilaa 2 saac kahor inta aadan gurin.