



Shuwarmada Buurito ee Digirta Leh ee Halka Daqiiqo Lagu Diyaariyo

Xaddiga Cuntada 1 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 11 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Gasac fure
Saxanka cunto-diiriyaha

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

4 xabo sabaayada tortilla ah oo isqabta
1 14 wiqiyadood oo digir madow ah oo aan cusbo lagu darin, la miiray oo la biyo raaciyay AMA 1 3/4 koob oo Digirta Dib Loo Dallaco Shan Daqiiqo Gudaheeda ee Celebrate Your Plate
1/2 koob iidaan ah AMA 1/2 koob lidaanka Xilliga Kulaylaha ee Celebrate Your Plate
1/ 2 qaaddo oo ansalaato ah, la yaryareeyay
1 yaanyo oo yar, la googooyay
1/2 koob oo farmaajo dufan yar leh, la firay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, gasacadaha dushooda, maacuunta, iyo cuntada.
2. Ku faafi 1/4 ka mid ah digirta dusha sabaayad kasta oo kor uga dar 1/4 farmaajo la firay ah iyo iidaan.
3. Ku dhex diyaari sabaayada tortilla ee fidsan saxan weyn oo saxanka cunto-diiriyaha oo kululee 60 il-biriqsi ama ilaa digirtu ka kululaato oo farmaajadu ka bilowdo inay ka dhalaasho.
4. Ku dar digirta dusha saladhka iyo yaanyada oo duub shuwaarmada buriito adigoo laalaabaya darafka biddix iyo midig ee sabaayada kadibna kor ilaa hoos u rog sabaayada.

Macluumaadka Nafaqada:

Kalooriyada 300 Dufanka Guud 6g Cusbada 620mg Karbohaydaraydhka
Guud 48g Borotiinka 15g