



Buskutka iyo Khudaarta Goosaarta Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 5 daqiiqo. |
Waqtiga guud 10 daqiiqo.

Qalabka:

Bacda sinyeerka leh ee cuntada lagu qaso

Maacuunta:

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

1/8 qaaddo oo cusbo ah

1/8 qaaddo oo bakin soodha ah

2 qaaddo oo faniilaha (caadiga ah ama asalka ah) buddada ah

1/4 koob oo laws shiidan ah AMA qowshaha lowska ah

1/4 koob oo caano dufanku ku yar yihiin ah

1/4 koob oo malab ah

3 qaaddo oo boorashta sida dhakhsada ah u karta

1/3 koob oo jababka shukulaatada ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, gasacadaha dushooda, maacuunta, iyo khudaarta.
2. Ku rid maaddooyinka oo dhan marka laga reebo jababka shukulaatada ah bacda sinyeerka leh ee cuntada lagu qaso. Isku tuuji maaddooyinka bacda ku jira ilaa ay ka noqoto mid le qaab saloogan oo digirtu ka burburto.
3. Fur bacda oo ku dar jababka shukulaatada ah. Tuuji si aad isugu qasto.
4. La gur furuutka la saafay. Ku keydi firintijeerka goosaarta cuntada lagu daardaarto ilaa 5 maalmood.

Macluumaadka Nafaqada:

Kalooriyada 280 Dufanka Guud 9g Cusbada 90mg
Karbohaydaraydhka Guud 32g Borotiinka 10g