



Saladhka Soo Go'o Xilli Sannadeedka

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 10 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Baaquli weyn

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Xurbin ama fargeeto
Qabatada ama fargeetada loogu talagalay
kawtanka saladhka

Maaddooyinka

Loogu talagalay goosaar ahaan

1/3 koob oo khal ah (khalka cad, khalka tufaaxa, khalka madow, ama khalka khamriga cas ka samaysan)
1 qaaddo oo khalka Dijon ah
1/2 qaaddo oo cusbo ah
1 qaaddo oo sonkor AMA malab ah
1/2 qaaddo saliid saytuun ah AMA saliid cadeey ah

Loogu Talagalay Saladhka

1 rodol oo saladhka cagaaran ah (isbinaaj, salad-a kale ama nooc kasta oo ansalaato ah), la hurgufay si loo qallajiyo oo la jarjaray
2 koob oo furuut ah, la jarjary oo laga dhigay gabalo la cuni karo (farawla, baare, bambeelmo, iwm.)
1/2 koob oo laws ah oo aan cusbo lahayn (jows Ameerikaan, lawska godan, lawska caadiga ah), la kala dhambalay AMA 1/2 koob iniinta gabbaldayaha aan oo milix lahayn

Macluumaadka Nafaqada:

Kalooriyada 400
Dufanka Guud 38g
Cusbada 710mg
Karbohaydaraydhka Guud 15g
Borotiinka 5g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adigoo isticmaalaya baaquli weyn, isku dar maaddooyinka goosaarta ah oo ku walaq fargeeto ama xurbi ilaa si fiican iskugu qasmaan.
3. Ku rid saladhka cagaaran, furuutka, iyo lowsaska gudaha baaquli. Si tartiib ah iskula kawtan.