



Jibsiga Sabayada Tortilla

Xaddiga Cuntada 6 | Waqtiga diyaarinta 10 daqiiqo. |
Waqtiga guud 20 daqiiqo.

Qalabka:

Saxanka foornada
Tiish

Maacuunta:

Mindi

Maaddooyinka

6 xabo sabaayada tortilla ah oo isqabta
Saliida cuntada ee birta lagu buufiyo
Cusbo si aad dhadhan ugu yeesho
(ikhtiyaari)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, saxxadaha, iyo maacuunta.
2. Sii kululee foornada ama mashiinta rootiga lagu solo ilaa ay ka gaarto 400 darajo xaraareed. Haddii aad isticmaalayso foornada caadiga ah, saar meel dhexe birta rakada ah ee foornada.
3. Si khafiif ah u mari saliid saxanka foornada adigoo isticmaalaya saliida cuntada ee birta lagu buufiyo.
4. U kala jar sabaayadaha tortillas 8 jeex oo siman oo ku dul fidi saxanka foornada. U kari jeexyada sabaayada tortilla qayb-qayb ahaan beddelkii aad is dul saari lahayd si aad u hubiso in ay si siman u karaan. FIIRO GAAR AH: Foornada caadiga ah, waxaa lagu kariyaa hal saxaarad oo kaliya markiiba. Haddii aad kariso wax ka badan hal saxaarad markiiba, saxaarada ugu dhow kululeeyaha ee ku jirta foornada ayaa guban doonta.
5. Ku buufi sabaayadaha tortillas dushooda saliida cuntada ee birta lagu buufiyo iyo cusbo yar, haddii loo baahdo.
6. Dub muddo dhan 8-12 daqiiqo ay ka qallafto ama ka yara bislaato. Si dhow ulasoco si aysan jababku u gubanin.
7. Soo bixi saxanka foornada oo si buuxda ugu dul qabooji tiishyada. FIIRO GAAR AH: Haddii jababka sabaayada ah aysan si buuxda u qaboobin ma noqon doonaan kuwo qallafsan.

Macluumaadka Nafaqada:

Kalooriyada 140
Dufanka Guud 3.5g
Cusbada 300mg
Karbohaydaraydhka Guud 25g
Borotiinka 4g