



Saladhka Carwaajiska Ku Badan Yahay

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

Qalabka:

Looxa cuntada lagu jarjaro
Khudaar-hoole
Baastamiir
Digsiga maraqa oo dhexdhexaad ah

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Goosaarta

1/3 qaaddo saliid saytuun ah AMA saliida cuntada ah
3 qaaddo oo khal ah (khalka khamriga cas ka samaysan, khalka madow, ama khalka tufaaxa)
2 qaaddo oo malab ah AMA miid ah
2 qaaddo oo khalka Dijon ah
1/8 qaaddo oo filfil ah

Saladhka

4 koob oo ansalaato ah (caleemo carwaajis ama cas leh) AMA kaabaj, la jarjaray
1 koob oo miro carwaajis ah, la saafay (mashmash, beeriga madow, canabka cas, iwm.)
1 koob oo basal cas ah, oo si dhuudhuuban loo saafay (ikhtiyaari)
1/2 koob oo baytaraaf gasacadaysan ah, la qallajiyay oo la jarjaray

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku wada rid maaddooyinka goosaarta ah oo dhan jeeg ama joog yar ama weel dabool adag leh, dabool oo si fiican u rux.
3. Adigoo adeegsanaya baaquliga cuntada lagu qaso oo weyn, isku dar saladhka, furuutka, baytaraafka, iyo basasha, haddii la isticmaalayo.
4. Ku dul daadi goosaarta saladhka dushiisa oo si tartiib ah u kawtan.

Macluumaadka Nafaqada:

Kalooriyada 210 Dufanka Guud 18g Cusbada 100mg Karbohaydaraydhka
Guud 12g Borotiinka 1g