



# Saladhka Carwaajiska Ku Badan Yahay

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

## Qalabka:

Looxa cuntada lagu jarjaro  
Jeeg ama weel yar oo dabool leh  
Baaquliga lagu qaso cuntada oo weyn

## Maacuunta:

Mindi  
Qaaddooyinka cuntada lagu cabbiro  
Koobabka cuntada lagu cabbiro  
Qabatooyinka ama fargeetada iyo qaaddada

## Maaddooyinka

### Goosaarta

1/3 qaaddo saliid saytuun ah ama saliid cadeey ah  
3 qaaddo oo khal ah (khalka khamriga ee cas ama cad, khalka madow, ama khalka tufaaxa)  
2 qaaddo oo malab ah ama miid ah  
2 qaaddo oo khalka Dijon ah  
1/8 qaaddo oo basbaas ah

### Saladhka

4 koob oo ansalaato ah (caleemo carwaajis ama cas leh) ama kaabaj ah, la jarjaray  
1 koob oo mashmash la saafay ah, beeriga madow iyo/ama canabka cas oo la jarjaray  
1 koob oo basal cas ah, oo si dhuudhuuban loo saafay (ikhtiyaari)  
½ koob oo cusbadu-ku yar tahay oo baytaraaf gasacadaysan ah, la qallajiyay oo la jarjaray

## Macluumaadka Nafaqada:

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

## 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.