



Barbarooni Foolyo Badan Leh

Xaddiga Cuntada 4 | Waqtiga diyaarinta 15 daqiiqo. | Waqtiga guud 35 daqiiqo.

Qalabka:

Saxanka foornada
Sufur

Maacuunta:

Qaaddo yar
Fargeeto
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

4 barbarooni, jeex-jeexyo laga dhigay
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
½ qaaddo oo xawaaji dhuudhuub buddo ah
1 xabo oo toon qoyan ah, la kalaawiyay AMA 1 qaaddo oo toonta buddada ah
1 ½ koob oo farmaajada adag ah, la firay
1 afakaadho, la jarjaray
1 16 koob oo iidaan dhalo ku diyaarsan ah AMA
1 koob oo lidaanka Xilliga Kulaylaha ee Celebrate Your Plate
1/4 koob oo labbeenta dhannaan ah
1/2 qaaddo caano dufanku ku yar yahay ah
1 far iyo suul oo cusbo ah (ikhtiyaari)
1 far-iyo-suul oo filfil ag (ikhtiyaari)
1/2 koob oo barbarooni jarjaran oo la cusbeeyay (ikhtiyaari)

Macluumaadka Nafaqada:

Kalooriyada 250
Dufanka Guud 13g
Cusbada 520mg
Karbohaydaraydhka Guud 23g
Borotiinka 13g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo cuntada.
2. Sii kululee foornada adigoo adeegsanaya 425 darajo xaraareed, oo saar sufur saxanka foornada ee dhexda ka godan.
3. Saar barbarooniga saxanka foornada dushiisa. Ku dar saliida, xawaaji dhuudhuubka, iyo toonta buddada ah. Si deeqsinime leh ugu dhiree cusbo iyo basbaas si ay dhadhan u yeelato.
4. Ku diyaari basbaaska la dhireeyay oo hal lakab ah saxanka foornada dushiisa, diir qubka dhinaca hoose. Dub ilaa barbaroonigu ka jilco, qiyaastii 10 daqiiqo.
5. Inta barbarooniga lagu dubayo gudaha foornada, samee labbeenta dhannaan oo ku qas goosaarta. Adigoo adeegsanaya digsi yar, isticmaal fargeeto si aad isku mar u xurbiso labbeenta dhannaan iyo caanaha. Dabka ka qaad.
6. Ka bixi barbarooniga gudaha foornada iyo saar farmaajo barbaroojiga dushiisa. Ku soo celi foornada oo dub ilaa ay farmaajadu ka xumbayso, qiyaastii 10 daqiiqo.
7. Kadib 10 daqiiqo markay dhammaato, ka bixi barbarooniga gudaha foornada oo ku rushee labbeenta dhannaan barbarooniga dushiisa.
8. Ku dar afakaadhada la jarjaray, iidaanka, iyo basbaaska halabeenyo ee la cusbeeyay, haddii la isticmaalayo.