



Garruunjaha Saladhka ah

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. |

Waqtiga guud 45 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Baaquli weyn

Maacuunta:

Mindi

Qaaddada cuntada lagu walaalo

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

3 koob oo garruunje daray ah, la yaryareeyay

1 karooto oo dhexdhexaad ah, la diiray oo la googooyay

2 qaaddo oo abbuulka seleriga ah, oo si dhuudhuuban loo saafay

1/2 koob sabiib ah (ikhtiyaari)

1/4 koob oo kabsar caleen ah, la googooyay

1 koob oo hilib la kariyay ah (hibil doofaar, digaag ama digiiran), gabal-gabal loo jarjaray

1/4 koob oo mayonees dufanku ku yahay ah

1/2 koob oo ciir dufanku ku yar yahay ah

1 qaaddo oo khal ah (cad, khamriga cas, ama tufaaxa)

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adigoo isticmaalaya baaquli weyn, isku qas garruunjaha, karootada, seleriga, sabiibka, basasha, iyo hilibka.
3. Adigoo adeegsanaya baaquli yar, isku qas mayoneeska, ciirta, iyo khalka.
4. Isku dar dhafdhafka mayoneeska oo si fiican u walaalo si aad isugu qasto.
5. Geli firintijeerka ugu yaraan 30 daqiiqo kahor

Macluumaadka Nafaqada:

Kalooriyada 90 Dufanka Guud 3.5g

Cusbada 280mg

Karbohaydaraydhka Guud 8g

Borotiinka 8g