



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 walaaqo
Qaaddooyinka iyo koobabka 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 mayoneys 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 walaaq si aad isugu qasto.
5. Geli firinjeerka ugu yaraan 30 daqiiqo kahor inta aadan gurin.

Macluumaadka Nafaqada:

Kalooriyada 90
Dufanka Guud 3.5g
Cusbada 280mg
Karbohaydaraydhka Guud 8g
Borotiinka 8g