

Digir iyo cagaarka keyl

Raashin: 4 qofood

 HealthPartners®

 yum
power

Waxaad u baahan tahay

1 koob oo ah digir qalallan oo aan qashar lahayn, oo aad biyo-raacisay dabadeedna biyo ku radisay hal habeen ama ugu yaraan siddeed saacadood.

Cusbo yar oo ah far iyo suul

2 qaaddo oo ah saliidda kanoola

1 basal oo yar oo jarjaran

Qaaddo yar barkeed oo ah xawaash budo ah

2 cad oo ah toon jarjaran

2 yaanyo oo jarjaran

Qaaddo yar barkeed oo ah basbaas budo ah

1 xirmo oo ah cagaarka keyl oo jarjaran

Sidaad u karineyso

Digirta ku shub digsi weyn oo ay biyo ku jiraan. Dabool oo cusbo yar ku dar. Kari 2 saac ilaa 4 saac ilaa ay digirtu jilicdo.

Saliid yar ku diiri bir daawe. Ku dar basasha jarjaran oo xoogaa yar isku shiil. Isku walaaq oo ku dar xawaash iyo toon. Kari ilaa 2 daqiiqo.

Yaanyada ku dar. Dabool oo kari ilaa yaanyadu jilicdo. Ku dar basbaas budo ah iyo cusbo yar. Si fiican isugu walaaq oo kari hal daqiiqo. Ku dar cagaarka jarjaran ee ah keylka. Dabool oo ha isku milmaan.

Ku dar digirta karsan iyo nus koob biyo ah. Dabool oo isku dhex kari muddo yar ilaa iyo intii aad doonto.

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Nafaqada halkii qof:

210 oo ah tirada tamar; 3g oo ah dufan (0g dufanka xun, 0g dufan kale); 0mg kolosterool; 320mg cusbo, 35g tamarta raashinka; 13g socodsiinta caloosha; 4g sokor; 12g barootiin.



yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. Get tips and tools at yumpower.com and like yumPower on Facebook for updates on events, recipes and more.



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