Digaag iyo Maraq

4 ilaa 6 qof

3	ah shafka digaagga oo aad maqaarka ka fiiqday
3 qaaddo	saliid khudaar ah
1	basal xoogaa weyn oo jarjaran
1 qaaddo yar	toon aad tuntay
1 qaaddo yar	sanjabiil daray ah oo aad tuntay
1 qaaddo yar	xawaash
1 qaaddo	yaanyo u diyaarsan suugo ahaan
½	kabash yar madaxiisa oo jarjaran
4	dabacase jarjaran
1	xoogaa barookalii ah oo jarjaran
2 koob	bariis basmaati ah oo karsan

Sida aad u karineyso

Si yar yar u goo goo hilibka digaagga. Meel dhigo.

Digsi weyn dabka saaro oo isku qalee saliid iyo basal, ilaa ay yaraha madow isku noqdaan. Ku dhex shubo digaag, toon, sanjabiil iyo xawaash. Ku dar biyo yar iyo yaanyo; si fiican isugu walaaq. Dabool oo ku kari dab meel dhexaad ah ilaa uu hilibka digaagga si wacan u bislaado. Ku dar khudaarta iyo xoogaa biyo ah (haddii aad rabto). Dabool digsiga oo ha kuu karo ilaa ay khudaartu jileec noqoto oo hilibka digaagga ahna uu si fiican kuugu bislaado – qiyaastii 20 daqiiqo. Ku cun bariiska basmaatiga ah.

Raashin-kariskan waxaa laga keenay makhaayadda Flamingo Ethiopian Restaurant ee magaalada St. Paul, waxaa soo baaray waaxda nafaqada (HealthPartners Nutrition Services) oo codsi ka heshay barnaamij la yiraahdo EBAN oo ka shaqeeya caafimaadka

Nutrition Facts

Serving Size (423g)
Servings Per Container 4

Amount Per Serving

Calories 490	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 260mg	**11%**
Total Carbohydrate 62g	**21%**
Dietary Fiber 8g	**32%**
Sugars 10g	
Protein 29g	

Vitamin A 220% • Vitamin C 230%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4