



Mudnaan sii badarka is qaba

100 garaam oo baasto Haruur dhan ka sameeysan
waxaa ku jira 8.7 garaam oo faybar ah



100 garaam oo rooti madow ah
waxaa ku jira 8,4 garaam oo faybar ah



100 garaam oo bariis madow/bunni ah
waxaa ku jira 8.7 garaam oo faybar ah

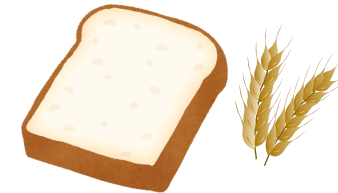


Iska ilaali haruurka/ firiley cad

100 garaam oo baasto ah
waxaa ku jira 3,4 garaam oo faybar ah



100 garaam oo rooti cad ah
waxaa ku jira 3,4 garaam oo faybar ah



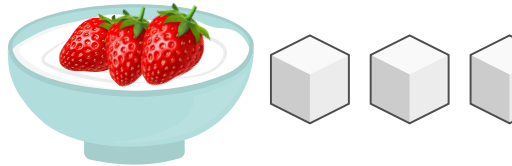
100 garaam oo bariis cad ah
waxaa ku jira 0 graam faybar ah



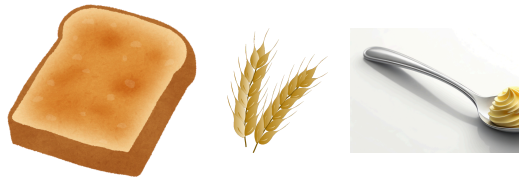


Mudnaan sii cuntooyinkan fudud

100 garaam caano fadhi aan wax lagu darin iyo
15 garaam oo Istarooberi barafaysan ah
waxaa ku jira 2.5 xabo oo sokor ah



42 garaam rootiga madow ah iyo
margariinka fudud oo 10 garaam ah
waxaa ku jira 0 xabo oo sokor ah
0.7 qaado oo subag ah
3.7 garaam oo faybar ah

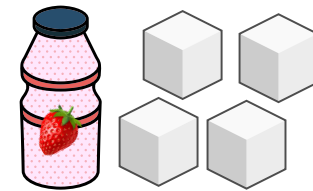


100 garaam oo xabuub shoofaan ah
waxaa ku jira 0 xabo oo sokor ah
2 qaado oo subag ah
10 garaam oo fiber ah

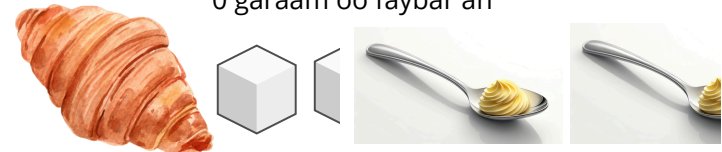


Iska ilaali cuntooyinkan fudud

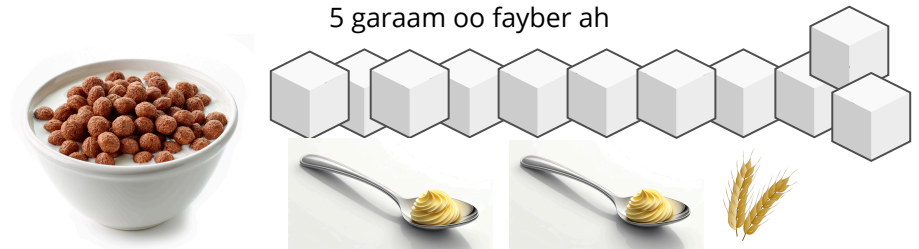
100 garaam caano fadhi istaroorberi ku
jiro oo la cabbi karo
waxaa ku jira 4 xabo oo sokor ah



45 garaamka oo kroisanttii ah
waxaa ku jira 1,5 xabo oo sokor ah
1,5 qaadada cuntada oo subag ah
0 garaam oo faybar ah



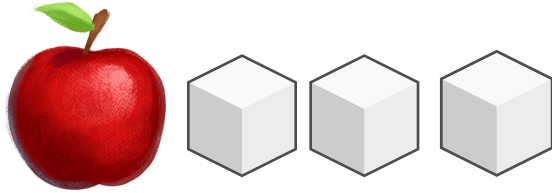
100 garaam oo xabuub shukulaato ah
waxaa ku jira 11 xabo oo sokor ah
2 qaado oo subag ah
5 garaam oo fayber ah



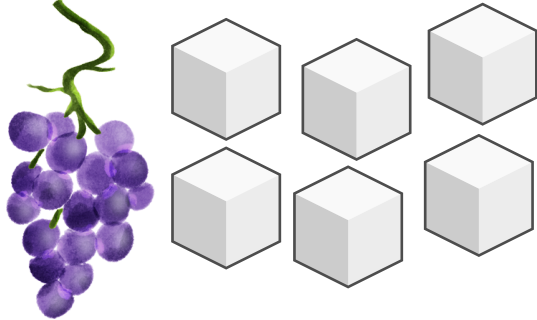


Mudnaanta sii furuutka

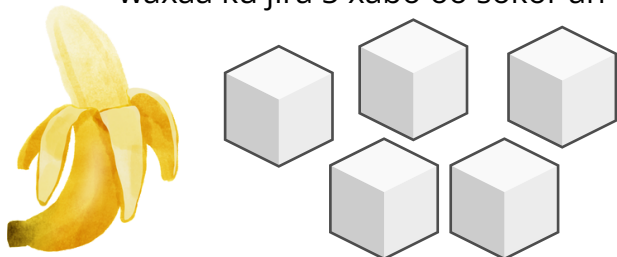
100 garaam oo tufaax ah
waxaa ku jira 3 xabo oo sokor ah



100 garaam oo canab ah
waxaa ku jira 6 xabo oo sokor ah

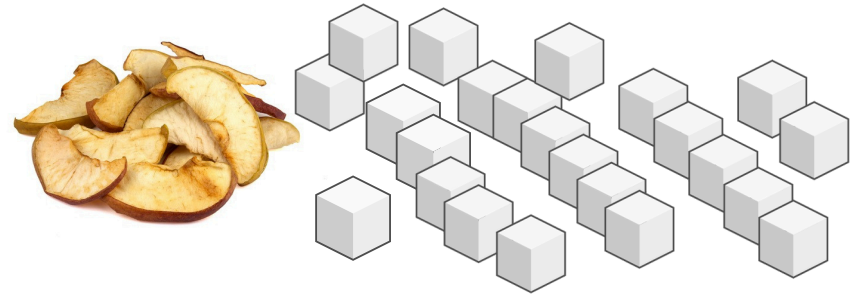


100 garaam oo moos ah
waxaa ku jira 5 xabo oo sokor ah

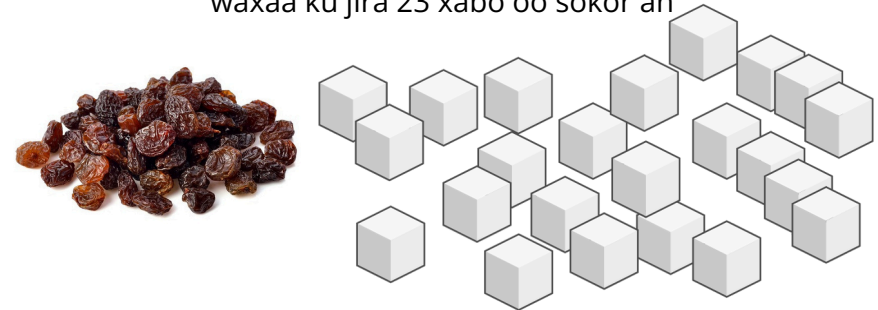


Iska ilaali furuutka qalalan

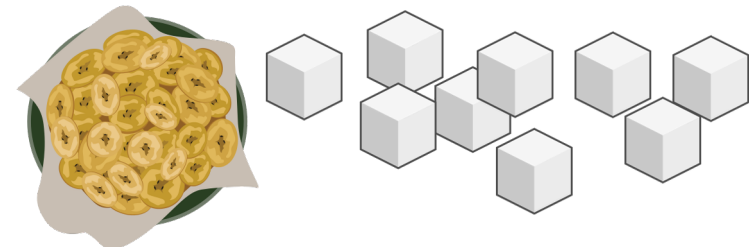
100 garaam oo tufaax la qalajiyey ah
waxaa ku jira 23 xabo oo sokor ah



100 garaam oo sabiib ah
waxaa ku jira 23 xabo oo sokor ah



100 garaam oo moos la qalajiyey ah
waxaa ku jira 9 xabo oo sokor ah

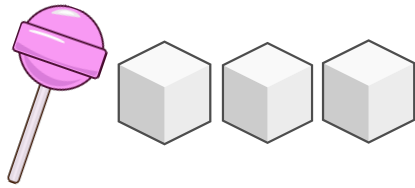




Dhif cun kuwan

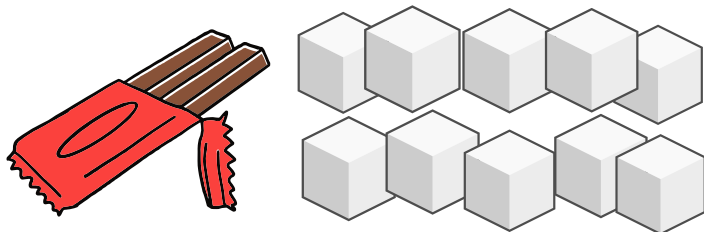
10 garaam oo nacnac qori ah

waxaa ku jira 3 xabo oo sokor ah



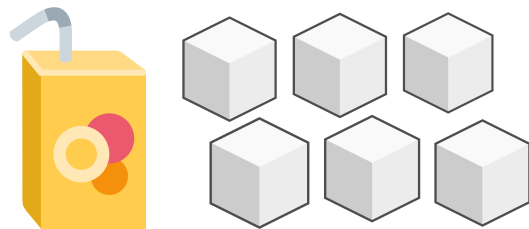
**50 garaam oo shukulaato
dhuudhuuban ah**

waxaa ku jira 10 xabo oo sokor ah



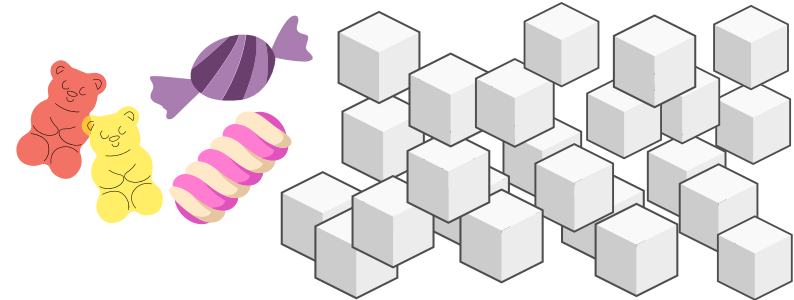
**2 dl casiirka tubada la dhuuqo leh
oo la sokoreeyey**

waxaa ku jira 6 xabo oo sokor ah



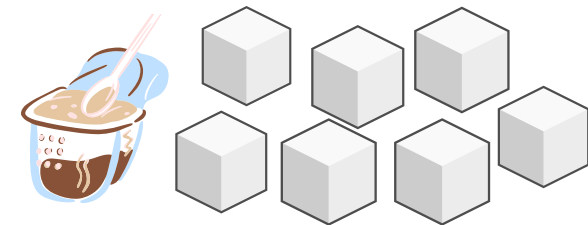
**100 garaam oo nacnaca furuutka
ka sameeysan**

waxaa ku jira 23 xabo oo sokor ah



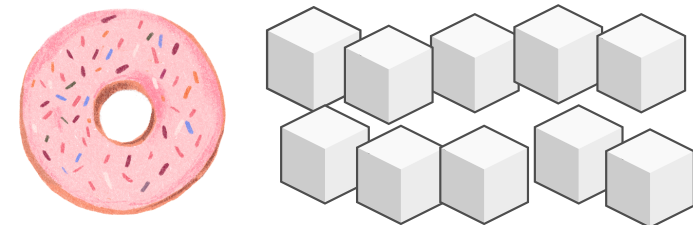
125 garaam shukulaato lebeniyada ah

waxaa ku jira 7 xabo oo sokor ah



100 garaam oo doonad ah

waxaa ku jira 10 xabo oo sokor ah





Cabitaannadan waxaan door bidaa

Biyo ahaan sida wax lagu damiyo harraadka

Sonkor ma jiro



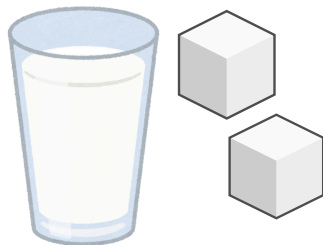
**Biyaha macdanta ee aan dhadhan lahayn
sida kuwa harraad-joojiya**

Sonkor ma jiro



Caano ahaan cabitaan wakhtiga cuntada ah, 1 dl

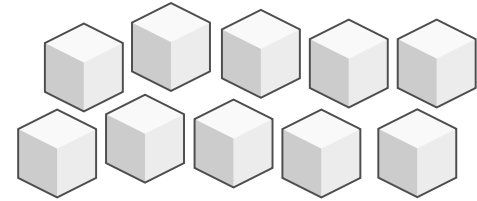
Waxa ku jira 2 xabbo oo sonkor caano ah



Ka fogow cabitaannadan macaan

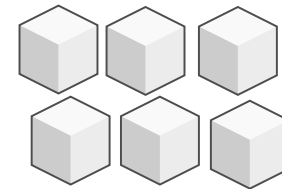
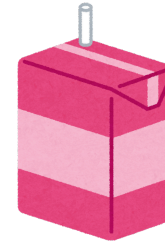
Kookaha 3 dl

Waxa ku jira 10 xabbo oo sonkor ah



Casiirka 2 dl

Waxa ku jira 6 xabbo oo sonkor ah



Soodhaha 3 dl

Waxa ku jira 13 xabbo oo sonkor ah

