

# kuleyla rasshin-garineed

Cunnadii Heerkul Khaldan Lagu Gariyaa Waxey Keentaa cunnada oo lagau xanuunsado!

Heerkulka ugu hooseeya ee Raashinka lagu garin karo

165°F

- Digaagga



155°F

- Jiirka Lo'da iyo Khansiirka



145°F

- Ukuma Bacoosha leh
- Kaluunka iyo Xaaxeeyada
- Hilib lo'da oo dhan
- Khnasiirka oo Dhan
- Hilibka Ariga oo Dhan



135°F

- Khudradda iyo Cunno horey u Garsaneyd



*Cunnada marka la garyo ka dib waa in lagu hayaa heerkul ah 140°F*

**Goobta Khatarta ah**  
41°F - 135°F

**Marna cunno ha dhigin heerkul qoleedka!**

