**1.054 Nápoj z červenej repy s príchuťou višne 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | |
| A | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | |
|  | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| zmes z červenej repy s príchuťou višne | 1,20 | 1,20 | 1,50 | 1,50 | 1,50 | 1,50 | 1,80 | 1,80 |
| voda | 14,00 | 14,00 | 19,00 | 19,00 | 19,00 | 19,00 | 24,00 | 24,00 |
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| hmotnosť porcie | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Zmes z červenej repy a višne rozpustíme v odmeranom množstve studenej vody.

**Nutričné zloženie 1 porcie**

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| veková  skupina | energetická  hodnota | | bielkoviny | tuky | kyselina  linolová | sacharidy | vláknina | vápnik | železo | Vitamíny | | | | |
| A | B1 | B2 | C | E |
| kJ | kcal | g | g | g | g | g | mg | mg | mg | mg | mg | mg | mg |
| A | 194 | 47 | 0,10 | 0,0 | 0,0 | 11,1 | 0,0 | 8,1 | 0,0 | 0,0 | 0,0 | 0,0 | 9,0 | 0,0 |
| B | 242 | 58 | 0,12 | 0,0 | 0,0 | 13,9 | 0,0 | 11,0 | 0,0 | 0,0 | 0,0 | 0,0 | 11,3 | 0,0 |
| C | 242 | 58 | 0,12 | 0,0 | 0,0 | 13,9 | 0,0 | 11,0 | 0,0 | 0,0 | 0,0 | 0,0 | 11,3 | 0,0 |
| D | 291 | 70 | 0,15 | 0,0 | 0,0 | 16,7 | 0,0 | 13,9 | 0,0 | 0,0 | 0,0 | 0,0 | 13,5 | 0,0 |