**13.096 Celozrnné cestoviny bez posýpky 100 porcií**

**Receptúra**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| celozrnné cestoviny | | 5,50 | 5,50 | 7,00 | 7,00 | 8,00 | 8,00 | 9,50 | 9,50 |
| soľ | | 0,10 | 0,10 | 0,13 | 0,13 | 0,15 | 0,15 | 0,20 | 0,20 |
| olej | | 0,20 | 0,20 | 0,25 | 0,25 | 0,30 | 0,30 | 0,35 | 0,35 |
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| hmotnosť porcie v g | | 130 | | 170 | | 200 | | 230 | |

**Výrobný postup**

Celozrnné cestoviny vložíme do osolenej vriacej vody. Za občasného miešania varíme 5 – 7 minút. Uvarené scedíme, prepláchneme studenou vodou a polejeme olejom. Podávame s posýpkou podľa výberu.

**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 | 914 | 218 | 7,15 | 3,4 | 0,0 | 39,2 | 0,0 | 1,9 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| B | 1161 | 278 | 9,10 | 4,3 | 0,0 | 49,8 | 0,0 | 2,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| C | 1333 | 318 | 10,40 | 5,1 | 0,0 | 57,0 | 0,0 | 2,9 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| D | 1580 | 378 | 12,35 | 6,0 | 0,0 | 67,6 | 0,0 | 3,9 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |