**13.104 Syr tofu v trojobale 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 |
| lahôdkový syr tofu | | - | - | 7,00 | 7,00 | 8,00 | 8,00 | 9,00 | 9,00 |
| soľ | | - | - | 0,12 | 0,12 | 0,15 | 0,15 | 0,20 | 0,20 |
| múka hrubá | | - | - | 0,80 | 0,80 | 1,00 | 1,00 | 1,20 | 1,20 |
| vajcia | | - | - | 15 | 0,75 | 18 | 0,90 | 22 | 1,10 |
| mlieko | | - | - | 1,00 | 1,00 | 1,25 | 1,25 | 1,50 | 1,50 |
| strúhanka | | - | - | 2,00 | 2,00 | 2,25 | 2,25 | 3,00 | 3,00 |
| olej | | - | - | 2,60 | 2,60 | 2,90 | 2,90 | 3,20 | 3,20 |
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| hmotnosť porcie v g | | - | | 85 | | 95 | | 105 | |

**Výrobný postup**

Syr tofu nakrájame na plátky, posolíme a obalíme v trojobale. Tepelne upravíme v rozpálenom oleji z oboch strán do ružova.

**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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | 990 | 237 | 13,74 | 10,0 | 0,0 | 22,3 | 0,9 | 181,5 | 1,8 | 0,033 | 0,1 | 0,1 | 0,1 | 0,5 |
| C | 1141 | 273 | 15,84 | 11,5 | 0,0 | 25,9 | 1,0 | 209,1 | 2,1 | 0,039 | 0,1 | 0,1 | 0,1 | 0,6 |
| D | 1372 | 328 | 18,48 | 13,0 | 0,0 | 33,3 | 1,3 | 239,5 | 2,5 | 0,046 | 0,1 | 0,1 | 0,2 | 0,7 |