**16.055 Ryžové rezance 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 |
| ryžové rezance | | 4,00 | 4,00 | 5,00 | 5,00 | 6,00 | 6,00 | 7,00 | 7,00 |
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| hmotnosť porcie v g | | 120 | | 150 | | 180 | | 210 | |

**Výrobný postup**

Ryžové rezance pripravujeme podľa návodu, ktorý je uvedený výrobcom na obale.

**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 | 591 | 140 | 2,72 | 0,24 | 0,01 | 32 | 0,92 | 15,5 | 0,8 | 0,002 | 0,09 | 0,01 | 0,0 | 0,8 |
| B | 713 | 176 | 3,40 | 0,30 | 0,02 | 40 | 1,15 | 16,9 | 0,10 | 0,004 | 0,1 | 0,02 | 0,0 | 0,8 |
| C | 887 | 211 | 4,10 | 0,36 | 0,02 | 48 | 1,38 | 18,3 | 1,2 | 0,005 | 0,1 | 0,02 | 0,0 | 0,9 |
| D | 1034 | 246 | 4,76 | 0,42 | 0,03 | 56 | 1,51 | 20,1 | 1,36 | 0,006 | 0,2 | 0,03 | 0,0 | 1,0 |