**16.057 Cisárska zeleninová príloha 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | | |
| A | | | B | | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | | |
|  | | Hrubá | Čistá | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| mrazená zeleninová zmes (karfiol, brokolica, mrkva) | |  |  | |  |  |  |  | 30,00 | 28,50 |
| soľ | |  |  | |  |  |  |  | 0,10 | 0,10 |
| olej | |  |  | |  |  |  |  | 0,60 | 0,60 |
| maslo | |  |  | |  |  |  |  | 0,60 | 0,60 |
| korenie na grilovanú zeleninu | |  |  | |  |  |  |  | 0,05 | 0,05 |
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| hmotnosť porcie v g | |  | | |  | |  | | 230 | |

**Výrobný postup**

Mrazenú zeleninu blanšírujeme cca 5 minút, scedíme a uložíme na pekáč. Ochutíme soľou, korením na grilovanú zeleninu, polejeme olivovým olejom a rozpusteným maslom, premiešame a pečieme pri teplote 180 oC 10 až 15 minút. Pečenú zeleninu môžeme použiť kombinovanú s inou prílohou alebo ako samostatnú prílohu.

**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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D | 826 | 201 | 6,1 | 36,0 | 2,1 | 13,5 | 3,1 | 15,1 | 1,28 | 0,009 | 1,1 | 0,98 | 48,3 | 1,9 |