**2.120 Celozrnné pečivo s tofu syrom a zeleninou 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 pečivo | |  |  |  |  | 9,00 | 9,00 | 12,00 | 12,00 |
| sojakrém | |  |  |  |  | 2,00 | 2,00 | 2,20 | 2,20 |
| syr tofu | |  |  |  |  | 6,00 | 6,00 | 8,00 | 8,00 |
| paprika zelená | |  |  |  |  | 1,50 | 1,13 | 2,00 | 1,50 |
| čínska kapusta | |  |  |  |  | 2,00 | 1,70 | 2,50 | 2,13 |
| rajčiaky | |  |  |  |  | 1,50 | 1,35 | 2,00 | 1,80 |
| uhorka šalátová | |  |  |  |  | 1,00 | 0,80 | 1,50 | 1,20 |
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| hmotnosť porcie v g | | - | | - | | 210 | | 280 | |

**Výrobný postup**

Celozrnné pečivo prekrojíme pozdĺž, natrieme sojakrémom, obložíme tofu syrom, očistenou, pokrájanou, zeleninou.

**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 | 1910 | 457 | 17,46 | 16,7 | 0,0 | 57,1 | 3,2 | 162,6 | 2,6 | 0,058 | 0,2 | 0,1 | 27,3 | 0,5 |
| D | 2466 | 589 | 23,16 | 20,2 | 0,0 | 75,9 | 4,2 | 215,9 | 3,5 | 0,077 | 0,3 | 0,2 | 35,9 | 0,6 |