**4.023 Strúhaný syr tofu 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| syr tofu lahôdkový | | 1,50 | 1,50 | 2,00 | 2,00 | 2,50 | 2,50 | 3,00 | 3,00 |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| hmotnosť porcie v g | | 15 | | 20 | | 25 | | 30 | |

**Výrobný postup**

Na hrubo postrúhaný syr tofu vložíme do hotovej uvarenej polievky.

**Nutričné zloženie 1 porcie**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | 86 | 21 | 2,09 | 1,3 | 0,0 | 0,1 | 0,0 | 33,0 | 0,3 | 0,003 | 0,0 | 0,0 | 0,0 | 0,1 |
| B | 114 | 27 | 2,79 | 1,8 | 0,0 | 0,1 | 0,0 | 44,0 | 0,4 | 0,003 | 0,0 | 0,0 | 0,0 | 0,1 |
| C | 143 | 34 | 3,48 | 2,2 | 0,0 | 0,1 | 0,0 | 55,0 | 0,5 | 0,004 | 0,0 | 0,0 | 0,0 | 0,1 |
| D | 172 | 41 | 4,18 | 2,6 | 0,0 | 0,1 | 0,0 | 66,0 | 0,6 | 0,005 | 0,0 | 0,0 | 0,0 | 0,2 |