**1.057 Ovocný nápoj z čiernych ríbezlí 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| ovocný koncentrát 100% - ný | | 2,20 | 2,20 | 2,90 | 2,90 | 2,90 | 2,90 | 3,60 | 3,60 |
| voda | | 13,00 | 13,00 | 18,00 | 18,00 | 18,00 | 18,00 | 22,00 | 22,00 |
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| hmotnosť porcie v g | | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Ovocný koncentrát z čiernych ríbezlí zmiešame s vodou. Neobsahuje pridaný cukor.

**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 | 76 | 18 | 0,04 | 0,0 | 0,0 | 4,4 | 0,0 | 7,5 | 0,0 | 0,0 | 0,0 | 0,0 | 6,3 | 0,0 |
| B | 101 | 24 | 0,06 | 0,0 | 0,0 | 5,8 | 0,0 | 10,4 | 0,0 | 0,0 | 0,0 | 0,0 | 8,4 | 0,0 |
| C | 101 | 24 | 0,06 | 0,0 | 0,0 | 5,8 | 0,0 | 10,4 | 0,0 | 0,0 | 0,0 | 0,0 | 8,4 | 0,0 |
| D | 125 | 30 | 0,07 | 0,0 | 0,0 | 7,2 | 0,0 | 12,7 | 0,0 | 0,0 | 0,0 | 0,0 | 10,5 | 0,0 |