**9.072 Hydinové placičky (pre celiatikov) 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 |
| kuracie prsia | | - | - | 8,00 | 8,00 | 9,00 | 9,00 | 10,00 | 10,00 |
| zmes na mäso (pre celiatikov) | | - | - | 0,90 | 0,90 | 1,00 | 1,00 | 1,30 | 1,30 |
| voda | | - | - | 1,10 | 1,10 | 1,20 | 1,20 | 1,40 | 1,40 |
| olej | | - | - | 1,50 | 1,50 | 1,80 | 1,80 | 2,00 | 2,00 |
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| hmotnosť porcie v g | | - | | 80 | | 90 | | 100 | |

**Výrobný postup**

Kuracie prsia umyjeme, osušíme, pokrájame na rezance, pridáme k zmesi, ktorú rozmiešame s predpísaným množstvom vody. Dôkladne premiešame. Na panvici tvoríme placky, ktoré vyprážame na oleji po oboch stranách do zlatista.

Príloha: rôzne upravené zemiaky, zeleninové šaláty a zeleninové oblohy.

**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 | 611 | 146 | 23,52 | 2,2 | 0,0 | 7,5 | 0,2 | 15,7 | 2,2 | 0,000 | 0,1 | 0,1 | 0,0 | 0,0 |
| C | 690 | 165 | 26,46 | 2,6 | 0,0 | 8,4 | 0,2 | 17,6 | 2,5 | 0,000 | 0,1 | 0,1 | 0,0 | 0,0 |
| D | 794 | 190 | 29,44 | 2,9 | 0,0 | 10,8 | 0,3 | 19,6 | 2,7 | 0,000 | 0,1 | 0,1 | 0,0 | 0,0 |