**1.065 Ovocníček 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 |
| ovocníček | | 1,15 | 1,15 | 1,50 | 1,50 | 1,50 | 1,50 | 1,85 | 1,85 |
| voda | | 14,00 | 14,00 | 19,00 | 19,00 | 19,00 | 19,00 | 23,50 | 23,50 |
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| hmotnosť porcie v g | | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Ovocníček – nápoj v prášku rozmiešame v studenej vode. Nápoj je obohatený vitamínom C.

**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 | 200 | 48 | 0,23 | 0,2 | 0,0 | 11,0 | 0,0 | 8,1 | 0,0 | 0,0 | 0,0 | 0,0 | 10,3 | 0,0 |
| B | 261 | 62 | 0,30 | 0,3 | 0,0 | 14,4 | 0,0 | 11,0 | 0,0 | 0,0 | 0,0 | 0,0 | 13,5 | 0,0 |
| C | 261 | 62 | 0,30 | 0,3 | 0,0 | 14,4 | 0,0 | 11,0 | 0,0 | 0,0 | 0,0 | 0,0 | 13,5 | 0,0 |
| D | 322 | 77 | 0,37 | 0,4 | 0,0 | 17,8 | 0,0 | 13,6 | 0,0 | 0,0 | 0,0 | 0,0 | 16,6 | 0,0 |