**1.061 Jablkový nápoj s jarabinou ( s čiernou ríbezľou) 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 |
| jablková šťava 100%-ná s jarabinou (s čiernou ríbezľou) | | 1,20 | 1,20 | 1,60 | 1,60 | 1,60 | 1,60 | 2,00 | 2,00 |
| voda | | 14,00 | 14,00 | 18,70 | 18,70 | 18,70 | 18,70 | 23,30 | 23,30 |
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| hmotnosť porcie v g | | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Jablkovú šťavu s jarabinou (s čiernou ríbezľou) pridáme do studenej vody, rozmiešame a podávame.

**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 | 234 | 56 | 0,10 | 0,0 | 0,0 | 13,6 | 0,0 | 8,1 | 0,0 | 0,0 | 0,0 | 0,0 | 9,6 | 0,0 |
| B | 311 | 74 | 0,14 | 0,0 | 0,0 | 18,1 | 0,0 | 10,8 | 0,0 | 0,0 | 0,0 | 0,0 | 12,7 | 0,0 |
| C | 311 | 74 | 0,14 | 0,0 | 0,0 | 18,1 | 0,0 | 10,8 | 0,0 | 0,0 | 0,0 | 0,0 | 12,7 | 0,0 |
| D | 389 | 93 | 0,17 | 0,0 | 0,0 | 22,7 | 0,0 | 13,5 | 0,0 | 0,0 | 0,0 | 0,0 | 15,8 | 0,0 |