**10.053 Treska v kukuričnej perinke 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| treska v kukuričných lupienkoch | | 5,00 | 5,00 | 10,00 | 10,00 | 15,00 | 15,00 | 20,00 | 20,00 |
| olej | | 0,15 | 0,15 | 1,00 | 1,00 | 1,50 | 1,50 | 2,00 | 2,00 |
| citrón | | - | - | 1,00 | 1,00 | 1,20 | 1,20 | 1,40 | 1,40 |
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| hmotnosť porcie v g | | 40 | | 90 | | 135 | | 185 | |

**Výrobný postup**

Zmrazenú tresku v kukuričných lupienkoch vyprážame v rozpálenom oleji na 180˚C.   
Pre MŠ pečieme v rúre, v pekáči vymastenom olejom.

**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 | 426 | 103 | 7,0 | 5,1 | 0 | 7,5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| B | 856 | 205 | 14,0 | 10,1 | 0 | 15,0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| C | 1284 | 308 | 21,0 | 15,2 | 0 | 22,5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| D | 1712 | 410 | 28,0 | 20,2 |  | 30,0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |