**4.025 Krutóny s medvedím cesnakom 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| pečivo | | 1,20 | 1,20 | 1,50 | 1,50 | 1,50 | 1,50 | 2,00 | 2,00 |
| medvedí cesnak | | 0,05 | 0,05 | 0,10 | 0,10 | 0,10 | 0,10 | 0,15 | 0,15 |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| hmotnosť porcie v g | | 12 | | 15 | | 15 | | 20 | |

**Výrobný postup**

Pečivo – sendvič pokrájame na kocky. Opečieme v rúre, pokvapkáme s medvedím cesnakom.

**Nutričné zloženie 1 porcie**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | 165 | 39 | 0,88 | 1,0 | 0,0 | 6,7 | 0,0 | 2,8 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| B | 207 | 49 | 1,11 | 1,2 | 0,0 | 8,4 | 0,0 | 3,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| C | 207 | 49 | 1,11 | 1,2 | 0,0 | 8,4 | 0,0 | 3,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| D | 276 | 66 | 1,47 | 1,6 | 0,0 | 11,2 | 0,0 | 4,6 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |