**10.052 Treska v chrumkavom cestíčku 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 |
| treska v chrumkavom cestíčku | | - | - | 10,00 | 10,00 | 10,00 | 10,00 | 15,00 | 15,00 |
| olej | | - | - | 0,20 | 0,20 | 0,20 | 0,20 | 0,30 | 0,30 |
| citrón | | - | - | 0,80 | 0,80 | 0,80 | 0,80 | 1,20 | 1,20 |
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| hmotnosť porcie v g | |  | | 85 | | 85 | | 130 | |

**Výrobný postup**

Zmrazenú tresku vložíme do vymasteného pekáča a dáme do predhriateho konvektomatu alebo rúry. Pečieme pri 170˚C 18 – 20 minút. V rúre pečieme pri 180˚C 22-25 minút. Servírujeme s plátkom citróna.

**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 | 939 | 245 | 11,3 | 14,3 | 0 | 12,7 | 0,5 | 0 | 0 | 0 | 0 | 0 | 4,2 | 0 |
| C | 939 | 245 | 11,3 | 14,3 | 0 | 12,7 | 0,5 | 0 | 0 | 0 | 0 | 0 | 4,2 | 0 |
| D | 1409 | 338 | 16,5 | 21,5 | 0 | 19,1 | 0,8 | 0 | 0 | 0 | 0 | 0 | 6,3 | 0 |