**16.078 Zeleninové hranolky 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| zeleninové hranolky | | 10,00 | 10,00 | 15,00 | 15,00 | 15,00 | 15,00 | 20,00 | 20,00 |
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| hmotnosť porcie v g | | 100 | | 150 | | 150 | | 200 | |

**Výrobný postup**

Zeleninové hranolky pečieme na suchom plechu v jednej vrstve asi 15 minút pri teplote 200˚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 | 590 | 148 | 2,00 | 6,2 | 0,6 | 10,1 | 3,6 | 1,2 | 0,1 | 0,002 | 0,0 | 0,0 | 1,2 | 0,0 |
| B | 885 | 232 | 3,00 | 9,3 | 0,9 | 15,1 | 5,4 | 1,8 | 0,2 | 0,003 | 0,0 | 0,0 | 1,8 | 0,0 |
| C | 885 | 232 | 3,00 | 9,3 | 0,9 | 15,1 | 5,4 | 1,8 | 0,2 | 0,003 | 0,0 | 0,0 | 1,8 | 0,0 |
| D | 1150 | 296 | 4,0 | 12,4 | 1,2 | 20,2 | 7,2 | 2,4 | 0,3 | 0,004 | 0,0 | 0,0 | 2,4 | 0,0 |