**20.073 Ovocná pena z tofu 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 |
| biele tofu | | 9,00 | 9,00 | 9,00 | 9,00 | 9,00 | 9,00 | 11,00 | 11,00 |
| sójové mlieko | | 2,50 | 2,50 | 2,50 | 2,50 | 2,50 | 2,50 | 3,00 | 3,00 |
| cukor trstinový | | 2,00 | 2,00 | 2,00 | 2,00 | 2,00 | 2,00 | 2,50 | 2,50 |
| cukor vanilkový | | 0,20 | 0,20 | 0,20 | 0,20 | 0,20 | 0,20 | 0,30 | 0,30 |
| lesná zmes ovocia (mrazená) | | 3,00 | 3,00 | 3,00 | 3,00 | 3,00 | 3,00 | 3,20 | 3,20 |
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| hmotnosť porcie v g | | 150 | | 150 | | 150 | | 200 | |

**Výrobný postup**

Mlieko, cukor, vanilkový cukor a lesnú zmes pridáme do rozmixovaného bieleho tofu a dobre vyšľaháme.

**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 | 691 | 165 | 13,36 | 8,5 | 0,0 | 8,3 | 1,0 | 203,8 | 2,1 | 0,023 | 0,1 | 0,1 | 12,4 | 0,7 |
| B | 691 | 165 | 13,36 | 8,5 | 0,0 | 8,3 | 1,0 | 203,8 | 2,1 | 0,023 | 0,1 | 0,1 | 12,4 | 0,7 |
| C | 691 | 165 | 13,36 | 8,5 | 0,0 | 8,3 | 1,0 | 203,8 | 2,1 | 0,023 | 0,1 | 0,1 | 12,4 | 0,7 |
| D | 845 | 202 | 16,30 | 10,4 | 0,0 | 10,3 | 1,1 | 248,3 | 2,5 | 0,027 | 0,1 | 0,1 | 13,2 | 0,8 |