**16.075 Ryža so šafránom a zelenou fazuľkou 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 |
| ryža so šafránom a zelenou fazuľkou | | 5,35 | 5,35 | 7,30 | 7,30 | 8,40 | 8,40 | 9,50 | 9,50 |
| soľ | | 0,03 | 0,03 | 0,05 | 0,05 | 0,07 | 0,07 | 0,10 | 0,10 |
| voda | | 7,50 | 7,50 | 10,20 | 10,20 | 11,70 | 11,70 | 13,20 | 13,20 |
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| hmotnosť porcie v g | | 110 | | 150 | | 170 | | 190 | |

**Výrobný postup**

Ryžu so šafránom a zelenou fazuľkou zalejeme vriacou vodou, pridáme soľ, prikryjeme a varíme alebo dusíme v rúre 30 minút pri teplote 180°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 | 266 | 64 | 9,47 | 2,6 | 0,0 | 0,0 | 0,9 | 61,7 | 0,5 | 0,000 | 0,1 | 0,0 | 0,0 | 0,0 |
| B | 363 | 87 | 12,92 | 3,6 | 0,0 | 0,0 | 1,2 | 31,0 | 0,7 | 0,000 | 0,1 | 0,0 | 0,0 | 0,0 |
| C | 417 | 100 | 14,87 | 4,1 | 0,0 | 0,0 | 1,4 | 35,8 | 0,8 | 0,000 | 0,1 | 0,0 | 0,0 | 0,0 |
| D | 472 | 113 | 16,82 | 4,7 | 0,0 | 0,0 | 1,6 | 40,9 | 0,9 | 0,000 | 0,1 | 0,0 | 0,0 | 0,0 |