**20.074 Malinový alebo brusnicový cheesecake krém 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 |
| cheesecake krém | | 1,15 | 1,15 | 1,30 | 1,30 | 1,30 | 1,30 | 1,60 | 1,60 |
| mlieko | | 2,10 | 2,10 | 2,40 | 2,40 | 2,40 | 2,40 | 3,00 | 3,00 |
| tvaroh mäkký | | 3,50 | 3,50 | 4,00 | 4,00 | 4,00 | 4,00 | 5,00 | 5,00 |
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| hmotnosť porcie v g | | 60 | | 70 | | 70 | | 90 | |

**Výrobný postup**

Vyšľaháme mlieko s tvarohom. Pridáme cheesecake krém. Všetko spolu premiešame a šľaháme asi 5 minút pri najvyšších otáčkach.

Dezert naporciujeme a dáme na 1 hodinu do chladničky.

**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 | 296 | 71 | 7,97 | 1,7 | 0,0 | 5,8 | 0,0 | 46,4 | 0,3 | 0,005 | 0,0 | 0,2 | 0,5 | 0,4 |
| B | 337 | 81 | 9,09 | 1,9 | 0,0 | 6,6 | 0,0 | 53,0 | 0,3 | 0,006 | 0,0 | 0,2 | 0,6 | 0,4 |
| C | 337 | 81 | 9,09 | 1,9 | 0,0 | 6,6 | 0,0 | 53,0 | 0,3 | 0,006 | 0,0 | 0,2 | 0,6 | 0,4 |
| D | 419 | 100 | 11,35 | 2,4 | 0,0 | 8,2 | 0,0 | 66,2 | 0,4 | 0,007 | 0,0 | 0,3 | 0,8 | 0,6 |