**1.056 Jablkový nápoj s mrkvou (s jahodami) 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| jablková šťava s mrkvou (s jahodami) 100%-ná | | 1,20 | 1,20 | 1,60 | 1,60 | 1,60 | 1,60 | 2,00 | 2,00 |
| voda | | 14,00 | 14,00 | 18,50 | 18,50 | 18,50 | 18,50 | 23,10 | 23,10 |
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| hmotnosť porcie v g | | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Jablkovú šťavu s mrkvou (s jahodami) rozmiešame v predpísanom množstve vody.

**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 | 198 | 51,7 | 0,11 | 0,01 | 0 | 11,4 | 0,12 | 0 | 0 | 0 | 0 | 0 | 34 | 0,02 |
| B | 264 | 64,1 | 0,15 | 0,02 | 0 | 15,3 | 0,17 | 0 | 0 | 0 | 0 | 0 | 47 | 0,03 |
| C | 264 | 64,1 | 0,15 | 0,02 | 0 | 15,3 | 0,17 | 0 | 0 | 0 | 0 | 0 | 47 | 0,03 |
| D | 331 | 86,1 | 0,19 | 0,02 | 0 | 22,8 | 0,24 | 0 | 0 | 0 | 0 | 0 | 68 | 0,04 |