**4.026 Syr tvrdý – strúhaný 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 |
| syr tvrdý | | 1,00 | 1,00 | 1,50 | 1,50 | 1,50 | 1,50 | 2,00 | 2,00 |
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| hmotnosť porcie v g | | 10 | | 15 | | 15 | | 20 | |

**Výrobný postup**

Tvrdý syr postrúhame. Podávame do hotových polievok, môžeme ho pridať k hlavným jedlám alebo do ľahkých zeleninových šalátov.

**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 | 142 | 34 | 2,6 | 2,6 | 0,0 | 0,1 | 0,0 | 95,6 | 0,1 | 0,022 | 0,0 | 0,0 | 0,0 | 0,1 |
| B | 214 | 51 | 3,9 | 3,9 | 0,0 | 0,1 | 0,0 | 143,4 | 0,1 | 0,033 | 0,0 | 0,0 | 0,0 | 0,1 |
| C | 214 | 51 | 3,9 | 3,9 | 0,0 | 0,1 | 0,0 | 143,4 | 0,1 | 0,033 | 0,0 | 0,0 | 0,0 | 0,1 |
| D | 285 | 68 | 5,2 | 5,2 | 0,0 | 0,2 | 0,0 | 191,2 | 0,1 | 0,044 | 0,0 | 0,0 | 0,0 | 0,1 |