**1.062 Jablkový nápoj s cviklou 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 100 %-ná s cviklou | | 1,20 | 1,20 | 1,60 | 1,60 | 1,60 | 1,60 | 2,00 | 2,00 |
| voda | | 14,00 | 14,00 | 18,70 | 18,70 | 18,70 | 18,70 | 23,30 | 23,30 |
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| hmotnosť porcie v g | | 150 | | 200 | | 200 | | 250 | |

**Výrobný postup**

Jablkovú šťavu s cviklou pridáme do studenej vody, rozmiešame a podávame.

**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 | 141 | 34 | 0,54 | 0,0 | 0,0 | 7,8 | 0,0 | 8,1 | 0,0 | 0,0 | 0,0 | 0,0 | 7,5 | 0,0 |
| B | 188 | 45 | 0,72 | 0,0 | 0,0 | 10,3 | 0,0 | 10,8 | 0,0 | 0,0 | 0,0 | 0,0 | 10,0 | 0,0 |
| C | 188 | 45 | 0,72 | 0,0 | 0,0 | 10,3 | 0,0 | 10,8 | 0,0 | 0,0 | 0,0 | 0,0 | 10,0 | 0,0 |
| D | 235 | 56 | 0,90 | 0,0 | 0,0 | 12,9 | 0,0 | 13,5 | 0,0 | 0,0 | 0,0 | 0,0 | 12,5 | 0,0 |