**1.035-2a Vitamínový nápoj s príchuťou tropiko, cherry 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| vitamínový rozpustný nápoj | | - | - | 1,80 | 1,80 | 1,80 | 1,80 | 2,25 | 2,25 |
| voda | | - | - | 19,00 | 19,00 | 19,00 | 19,00 | 22,00 | 22,00 |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |  |
| hmotnosť porcie v g | |  | | 200 | | 200 | | 250 | |

**Výrobný postup**

Vitamínový nápoj rozpustíme v 1 litri studenej vody, prilejeme zvyšnú vodu a dobre rozmiešame.

**Nutričné zloženie 1 porcie**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | 282 | 66 | 0 | 0 | 0 | 16,6 | 0 | 0 | 0 | 0 | 0 | 0 | 31,0 | 0 |
| C | 282 | 66 | 0 | 0 | 0 | 16,6 | 0 | 0 | 0 | 0 | 0 | 0 | 31,0 | 0 |
| D | 353 | 82 | 0 | 0 | 0 | 20,8 | 0 | 0 | 0 | 0 | 0 | 0 | 39,0 | 0 |