**1.035-2c Vitamínový nápoj s príchuťou ríbezle 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 | | - | - | 2,50 | 2,50 | 2,50 | 2,50 | 3,15 | 3,15 |
| voda | | - | - | 18,00 | 18,00 | 18,00 | 18,00 | 22,00 | 22,00 |
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| 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**

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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 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B | 392 | 92 | 0,2 | 0 | 0 | 23,2 | 0 | 0 | 0 | 0 | 0,06 | 0,05 | 36,0 | 0 |
| C | 392 | 92 | 0,2 | 0 | 0 | 23,2 | 0 | 0 | 0 | 0 | 0,06 | 0,05 | 36,0 | 0 |
| D | 490 | 115 | 0,215 | 0 | 0 | 28,7 | 0 | 0 | 0 | 0 | 0,08 | 0,06 | 45,0 | 0 |