**4.021-2 Strukovinové guľky 100 porcií**

**Receptúra**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Potravina | Veková skupina | | | | | | | | |
| A | | | B | | C | | D | |
| Hmotnosť v kg, l, ks | | | | | | | | | |
|  | | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá | Hrubá | Čistá |
| strukovinové guľky | | 0,75 | 0,75 | 1,00 | 1,00 | 1,25 | 1,25 | 1,50 | 1,50 |
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| hmotnosť porcie v g | | 15 | | 20 | | 25 | | 30 | |

**Výrobný postup**

Strukovinové guľky vkladáme dopolievky pred konzumáciou.

**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 | 104 | 26 | 1,5 | 0,09 | 0,0 | 3,9 | 0,9 | 12,5 | 0,0 | 0,0 | 0,0 | 0,0 | 1,2 | 0,0 |
| B | 138 | 35 | 2,0 | 0,12 | 0,0 | 5,2 | 1,2 | 16,2 | 0,0 | 0,0 | 0,0 | 0,0 | 1,5 | 0,0 |
| C | 173 | 44 | 2,4 | 0,15 | 0,0 | 6,5 | 1,5 | 20,1 | 0,0 | 0,0 | 0,0 | 0,0 | 1,8 | 0,0 |
| D | 208 | 52 | 3,1 | 0,18 | 0,0 | 7,8 | 1,8 | 25,0 | 0,0 | 0,0 | 0,0 | 0,0 | 2,4 | 0,0 |