

UNIVERSITAS ESA UNGGUL
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NURUL HIDAYAH

PENGARUH PENAMBAHAN WORTEL (*Daucus carota*), BROKOLI (*Brassica oleracea var. Italica*), DAN KOL MERAH (*Brassica oleracea var. Capitata forma rubra*) PADA PEMPEK IKAN TENGGIRI (*Scomberomorus commersonii*) TERHADAP PENILAIAN ORGANOLEPTIK DAN KADAR SERAT PANGAN

xx, VI Bab, 13 Gambar, 9 Tabel, 6 Lampiran

Latar Belakang : Konsumsi sayur di Indonesia masih sangat rendah yang berdampak pada rendahnya konsumsi serat pangan. Adanya modifikasi pangan dengan penambahan sayur sebagai sumber serat pangan, ke dalam pangan lokal yang sangat digemari seperti pempek diharapkan dapat membantu mengatasi masalah rendahnya konsumsi serat pangan.

Tujuan Penelitian: Mengetahui pengaruh penambahan wortel (*Daucus carota*), brokoli (*Brassica oleracea var. Italica*) dan kol merah (*Brassica oleracea var. Capitata forma rubra*) pada pempek ikan tenggiri (*Scomberomorus commersonii*) terhadap penilaian organoleptik, zat gizi dan kadar serat pangan.

Metode: Jenis penelitian eksperimental dengan Rancangan Acak Lengkap (RAL) satu faktorial. Produk pempek sayur terdiri dari 4 formula untuk masing-masing jenis sayur yaitu F1 (penambahan 0% sayur), F2 (penambahan 20% sayur), F3 (penambahan 40% sayur), dan F4 (penambahan 60% sayur). Analisis organoleptik dilakukan oleh 25 panelis agak terlatih menggunakan instrument Visual Analog Scale (VAS), serta analisis zat gizi meliputi analisis proksimat dan kadar serat pangan.

Hasil Penelitian: Berdasarkan hasil analisis organoleptik diketahui bahwa produk pempek wortel F3, pempek brokoli F4, dan pempek kol merah F4 merupakan formula dengan tingkat kesukaan tertinggi dan karakteristik organoleptik terbaik. Berdasarkan hasil analisis zat gizi, produk pempek sayur mengandung air $63,8 \pm 0,03 - 67,62 \pm 0,19\%$, abu $1,54 \pm 0,03 - 1,77 \pm 0,05\%$, lemak $< 0,02\%$, protein $6,96 \pm 0,04 - 7,43 \pm 0,01\%$, karbohidrat $23,58 \pm 0,18 - 26,64 \pm 0,04\%$, dan serat pangan $2,03 \pm 0,04 - 2,63 \pm 0,03\%$.

Kesimpulan: Penambahan sayur pada pempek ikan tenggiri berpengaruh secara bermakna terhadap penilaian organoleptik dan kadar serat pangan pempek. Perlu adanya penelitian lanjutan mengenai uji daya simpan, analisis kadar mineral, kadar zat warna, dan antioksidan.

Kata Kunci: Pempek Ikan Tenggiri, Wortel, Brokoli, Kol Merah, Serat Pangan

Daftar Bacaan: 46 (2001-2017)

**ESA UNGGUL UNIVERSITY
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NURUL HIDAYAH

EFFECT OF ADDITION OF CARROT (*Daucus carota*), BROCCOLI (*Brassica oleracea var Italica*), AND RED CABBAGE (*Brassica oleracea var. Capitata forma rubra*) IN MACKEREL FISH (*Scomberomorus commersonii*) PEMPEK ON ORGANOLEPTICAL ASSESSMENT AND DIETARY FOOD CONTENT

xx, VI Chapters, 13 Pictures, 9 Tables, 6 Attachments

Background: Vegetable consumption in Indonesia is still very low which affects the low consumption of dietary fiber. The existence of food modification with the addition of vegetables, as a source of dietary fiber, into a very popular local food such as pempek is expected to help overcoming the problem of low consumption of dietary fiber.

Objective: To know the effect of addition of carrot (*Daucus carota*), broccoli (*Brassica oleracea var. Italica*) and red cabbage (*Brassica oleracea var. Capitata forma rubra*) in mackerel fish pempek (*Scomberomorus commersonii*) on organoleptical, nutrient and dietary fiber.

Methods: Types of experimental study with Completely Randomized Design (RAL). The product of vegetable pempek consisted of 4 formulas for each kind of vegetables that is F1 (addition of 0% vegetable), F2 (addition of 20% vegetable), F3 (addition of 40% vegetable), and F4 (addition of 60% vegetable). Organoleptic analysis was performed by 25 well-trained panelists using Visual Analog Scale (VAS) instrument, and then nutrient analysis including proximate analysis and dietary fiber content.

Result: Based on organoleptic analysis, it is known that product of F3 carrot pempek, F4 broccoli pempek, and F4 red cabbage pempek are the formula with the highest level of favorite and best organoleptic characteristics. Based on the results of nutrient analysis, products of vegetable pempek contains water $63,8 \pm 0,03 - 67,62 \pm 0,19\%$, ash $1,54 \pm 0,03 - 1,77 \pm 0,05\%$, fat $< 0,02\%$, protein $6,96 \pm 0,04 - 7,43 \pm 0,01\%$, carbohydrate $23,58 \pm 0,18 - 26,64 \pm 0,04\%$, and dietary fiber $2,03 \pm 0,04 - 2,63 \pm 0,03\%$.

Conclusion: The addition of vegetables in mackerel fish pempek significantly affect the organoleptical assesstment and dietary fiber content. There is a need for further research on storage test, analysis of mineral content, dyestuff content, and antioxidant.

Keywords: Mackerel Fish Pempek, Carrot, Broccoli, Red Cabbage, Dietary Fiber

Bibliography : 46 (2001-2017)