



ABSTRAK

Judul : PEMANFAATAN KACANG MERAH DAN JAMUR TIRAM PUTIH DALAM PEMBUATAN NUGGET KAKI NAGA SEBAGAI ALTERNATIF MAKANAN SEHAT TINGGI PROTEIN DAN RENDAH LEMAK PADA ANAK- ANAK USIA SEKOLAH.

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Program Studi : Ilmu Gizi.

Latar Belakang: Protein selain berguna untuk proses kehidupan, juga diperlukan untuk proses pertumbuhan dan perkembangan kognitif anak. Anak-anak memerlukan zat gizi makro meliputi karbohidrat, protein, lemak serta zat gizi mikro meliputi vitamin dan mineral. Anak-anak usia sekolah cenderung mengonsumsi makanan yang mengandung protein hewani, tinggi lemak, dan bahan pengawet yang menyebabkan masalah pertumbuhan, obesitas, dan perubahan perilaku.

Tujuan: Mengembangkan formulasi nugget kaki naga dengan kandungan kacang merah, jamur tiram sebagai alternatif makanan sehat tinggi protein dan rendah lemak.

Metode: Penelitian ini menguji karakteristik penerimaan nugget kaki naga dan nilai proksimat suatu produk pangan tersebut. Studi eksperimental menggunakan dasar rancangan acak lengkap (RAL) dua faktor KM = Kacang Merah dan JT = Jamur Tiram) dengan empat taraf perlakuan, yaitu F0 (kontrol), F1 (50% KM :50% JT), F2 (55% KM:45%JT), dan F3 (60 % KM :40% JT). Semua formula dianalisis di laboratorium untuk kadar proksimat, kadar air dan kadar abu. Tingkat penerimaan dinilai oleh 30 panelis konsumen laki-laki dan perempuan berumur 10-12 tahun. Total 30 panelis yang digunakan untuk menilai penerimaan formula nugget kaki naga kacang merah dan jamur tiram menggunakan Skala Likert.

Hasil: Penambahan kacang merah dan jamur tiram, terdapat perbedaan yang signifikan mutu hedonik pada indikator warna nugget kaki naga ($p < 0,05$). Tidak ada perbedaan yang signifikan terhadap mutu hedonik ($p > 0,05$) yaitu mutu aroma, mutu rasa, dan mutu tekstur. Berdasarkan hasil uji hedonik yang dilakukan oleh panelis pada *produk nugget kaki naga* didapatkan dari hasil analisis ANOVA terjadi perbedaan yang signifikan pada warna, aroma, rasa, dan tekstur ($p < 0,05$). Dari hasil analisis zat gizi, produk terbaik ada pada F1 yang memiliki produk Nugget Kaki Naga Kacang Merah dan Jamur Tiram per 100 gram memiliki kandungan protein 12,28%, lemak 9,92%, kadar karbohidrat 18,54 %, nilai energi 212,56%, kadar air 57,05%, dan kadar abu 2,21%.

Kesimpulan: Penambahan kacang merah dan jamur tiram pada produk nugget kaki naga dapat diterima dan telah memenuhi dan mengacu syarat mutu kualitas SNI nugget ayam kombinasi.

Kata Kunci: Kacang Merah, Jamur Tiram, Nugget Kaki Naga, Anak-anak usia sekolah.

Daftar Pustaka: 69 (1989-2020).

ABSTRACT

Title : UTILIZATION OF RED BEANS AND WHITE OYSTER MUSHROOM IN MAKING DRAGON'S FEET NUGGETS AS ALTERNATIVE HEALTHY FOOD HIGH PROTEIN AND LOW FAT IN SCHOOL AGE CHILDREN.

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Background: Apart from being useful for life processes, protein is also needed for the growth and cognitive development of children. Children need macronutrients including carbohydrates, proteins, fats, and micronutrients including vitamins and minerals. School-age children tend to consume foods that contain animal protein, high fat, and preservatives that cause growth problems, obesity, and behavioral changes.

Objective: To develop a formulation of dragon leg nuggets containing red beans, oyster mushrooms as an alternative to healthy foods high in protein and low in fat.

Methods: This study examines the acceptance characteristics of dragon leg nugget and the proximate value of a food product. The experimental study used a completely randomized design (CRD) two factors (KM = Red Beans and JT = Oyster Mushrooms) with four treatment levels, namely F0 (control), F1 (50% KM: 50% JT), F2 (55% KM: 45% JT), and F3 (60% KM : 40% JT). All formulas were analyzed in the laboratory for proximate content, moisture content, and ash content. The acceptance rates were assessed by 30 panelists of male and female consumers aged 10-12 years. A total of 30 panelists were used to assess the acceptability of the red bean and oyster mushroom dragon leg nugget formula using a Likert Scale.

Results: The addition of red beans and oyster mushrooms, there was a significant difference in the hedonic quality on the color indicator of the dragon's foot nugget ($p < 0.05$). There was no significant difference in the hedonic quality ($p > 0.05$), namely aroma quality, taste quality, and texture quality. Based on the results of the hedonic test conducted by the panelists on the dragon leg nugget product, it was obtained from the results of the ANOVA analysis that there were significant differences in color, aroma, taste, and texture ($p < 0.05$). From the results of nutrient analysis, the best product is F1 which has Red Bean Dragon Foot Nugget and Oyster Mushroom products per 100 grams containing 12.28% protein, 9.92% fat, 18.54% carbohydrate content, 212 energy value, 56% water content 57.05%, and ash content 2.21%.

Conclusion: The addition of red beans and oyster mushrooms to the dragon leg nugget product is acceptable and has complied with and refers to the quality requirements of the SNI quality of combination chicken nuggets.

Keywords: Red Beans, Oyster Mushroom, Dragon Foot Nugget, School age children.

Bibliography: 69 (1989-2020).