

**NUTRIENT CONTENT OF MILKFISH NUGGET WITH THE ADDITION OF MOCAF FLOUR**

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**ABSTRACT**

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**ABSTRACT**

**Background :** *Milkfish nuggets are a practical food for consumption with high protein and favored for children. The addition of mocaf flour is an effort to increase local food and increasing the nutritional value.*

**Purpose :** *To purpose of this research was to determine contained of protein, fat, carbohydrates, calcium milk nuggets with the addition of mocaf flour.*

**Method :** *This study is an experimental design research. The treatment was done by making milkfish nuggets with a variety of mixing mocaf flour F1 (80%: 20%), F2 (70%: 30%), F3 (60%: 40%) and then tested the nutrient content. Analyzed of protein nutrients with mico kjehdal, fat with soxhlet, carbohitrates with calculation, and calcium with AAS.*

**Results :** *The highest protein nutritional content was F1 15.02%, F2 14.58%, the lowest protein nutrient content was F3 13.25%. The highest fat nutritional content was F1 12.89%, F2 11.53%, the lowest protein nutrient content was F3 10.76%. The highest carbohydrates nutritional content was F3 33.95%, F2 31.44%, the lowest carbohydrates nutrient content was F1 23.63%. The highest calcium nutritional content was F3 0.052%, F2 0.051%, while the lowest calcium nutrient content was F1 0.041%. The highest energy nutritional content was F2 71.92 kcal, F3 71.37 kcal, while the lowest energy nutrient content was F1 67.58 kcal.*

**Conclusion :** *The highest of protein and fat contant is F1 and the highest of carbohydrates and calcium contant is F3.*

**Keywords :** *Nugget, milkfish, local food, mocaf flour, high protein*

**References :** *64 (1992 – 2020)*

## **Kandungan Gizi *Nugget* Bandeng dengan Tambahan Tepung *Mocaf***

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### **ABSTRAK**

**Pendahuluan :** *Nugget* ikan bandeng merupakan makanan yang praktis untuk dikonsumsi dengan kandungan gizi protein yang tinggi dan digemari oleh anak-anak. Penambahan tepung *mocaf* merupakan upaya meningkatkan komoditas pangan lokal yang dapat menambah nilai kandungan gizi *nugget* bandeng.

**Tujuan :** Mengetahui kandungan gizi protein, lemak, karbohidrat, kalsium *nugget* bandeng dengan tambahan tepung *mocaf*.

**Metode :** Penelitian ini merupakan penelitian *experimental design*. Perlakuan yang dilakukan yaitu dengan membuat *nugget* bandeng dengan variasi pencampuran tepung *mocaf* F1 (80% : 20%), F2 (70% : 30%), F3 (60% : 40%) untuk kemudian di uji kandungan zat gizi. Analisis kandungan gizi protein dengan mikro kjehdal, lemak dengan soxhlet, karbohidrat dengan perhitungan, dan kalsium dengan AAS.

**Hasil :** Kandungan gizi protein tertinggi F1 15,02%, F2 14,58%, kandungan gizi protein terendah F3 13,25%. Kandungan gizi lemak tertinggi F1 12,89%, F2 11,53%, kandungan gizi lemak terendah F3 10,76%. Kandungan gizi karbohidrat tertinggi F3 33,95%, F2 31,44%, kandungan gizi karbohidrat terendah F1 23,63%. Kandungan gizi kalsium tertinggi F3 0,052%, F2 0,051%, sedangkan kandungan gizi kalsium terendah F1 0,041%. Kandungan energi tertinggi F2 71,92 kkal, F3 71,37 kkal, sedangkan kandungan energi terendah F1 67,58 kkal.

**Simpulan :** F1 mengandung protein dan lemak paling tinggi dan F3 mengandung karbohidrat dan kalsium paling tinggi.

**Kata Kunci :** *Nugget*, ikan bandeng, pangan lokal, tepung *mocaf*, tinggi protein

**Kepustakaan :** 64 Pustaka (1992 – 2020)