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ANALISIS KANDUNGAN PROTEIN DAN SERAT PADA DENDENG JAMUR

(xv + 60 halaman+ 9 tabel+ 6 gambar + 5 lampiran)

ABSTRAK

Latar Belakang : Jamur tiram dan jamur kuping merupakan tanaman yang banyak dibudidayakan di Indonesia karena teknik budidayanya yang sederhana serta kandungan protein dan serat yang cukup tinggi. Untuk menambah masa simpan jamur maka perlu adanya inovasi pengolahan jamur menjadi dendeng, sehingga dapat dikonsumsi menjadi sumber protein bagi vegetarian.

Tujuan : Penelitian ini bertujuan untuk mengetahui kandungan gizi terutama protein dan serat pada dendeng jamur.

Metode : Desain penelitian yang digunakan dalam penelitian ini adalah *eksperimental design*. Objek penelitian ini adalah dendeng jamur, terdapat 3 formulasi yaitu F1 (jamur tiram putih 100%), F2 (campuran jamur tiram putih dan jamur kuping 50%:50%), dan F3 (jamur kuping 100%). Dianalisis kandungan protein menggunakan metode Kjehdal dan serat menggunakan metode reflak. Analisis data menggunakan microsoft excel dan disajikan dalam bentuk table kemudian dideskripsikan.

Hasil : Nilai rata-rata kandungan protein pada dendeng jamur F1 7,10%, F2 25,96%, dan F3 8,98%. Sedangkan nilai rata-rata kandungan serat pada dendeng jamur F1 yaitu 44,46%, F2 53,47%, dan F3 61,38%.

Simpulan : Kandungan protein tertinggi yaitu dendeng F2 25,96% sedangkan terendah F1 7,10%. Kandungan serat tertinggi yaitu dendeng F3 61,38% sedangkan terendah F1 44,46%.

Saran : Untuk penelitian selanjutnya perlu dilakukan uji hedonik agar diketahui produk dendeng jamur yang disukai.

Kata Kunci : jamur, dendeng, protein, serat, vegetarian

Kepustakaan : 55 (2007-2020)

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ANALYSIS OF THE PROTEIN AND FIBER CONTENT IN MUSHROOM BROWN

(xv + 60 pages + 9 tables + 6 pictures + 5 attachments)

ABSTRACT

Background: Oyster mushrooms and ear mushrooms are plants that are widely cultivated in Indonesia because of their simple cultivation techniques and high protein and fiber content. To increase the shelf life of mushrooms, it is necessary to innovate the processing of mushrooms into jerky, so that they can be consumed as a source of protein for vegetarians.

Purpose: This study aims to determine the nutritional content, especially protein and fiber in mushroom jerky.

Method: The research design used in this study was experimental design. The object of this research was mushroom jerky, there were 3 formulations, namely F1 (100% white oyster mushroom), F2 (a mixture of white oyster mushroom and 50% : 50% ear mushroom), and F3 (100% ear mushroom). Protein content was analyzed using the Kjehdal method and fiber using the reflux method. Data analysis using Microsoft Excel and presented in table form and then described.

Results: The average value of protein content in mushroom jerky was 7.10% F1, 25.96% F2, and 8.98% F3. While the average value of fiber content in F1 mushroom jerky is 44.46%, F2 53.47%, and F3 61.38%.

Conclusion: The highest protein content was jerky F2 25.96%, while the lowest was F1 7.10%. The highest fiber content was jerky F3 61.38% while the lowest was F1 44.46%.

Suggestion: For further research, it is necessary to carry out a hedonic test to determine the preferred product of mushroom jerky.

Keywords : mushrooms, jerky, protein, fiber, vegetarian

Bibliography : 55 (2007-2020)