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Daya Terima, Kandungan Serat Dan Protein *Nugget* Berbahan Jamur Tiram (*Pleurotus Ostreatus*) Dengan Penambahan Kacang Merah (*Phaseolus Vulgaris L.*)

xv + 48 halaman + 15 tabel + 8 gambar + 6 lampiran)

ABSTRAK

Latar Belakang : *Nugget* merupakan kudapan siap saji yang diminati masyarakat dari berbagai kalangan usia. *Nugget* umumnya terbuat dari daging yang digiling halus dan dicampur bumbu, bahan pengisi dan bahan tambahan kemudian dicetak, dikukus, dan dicelupkan pada putih telur serta tepung panir selanjutnya *freezer* dan digoreng. Bahan dasar *nugget* dapat dimodifikasi dengan bahan pangan lokal yang berpotensi yaitu jamur tiram dan kacang merah. Bahan dasar jamur tiram dan kacang merah berpotensi meningkatkan serat dan protein pada *nugget*.

Tujuan : Tujuan penelitian ini adalah mengetahui daya terima pada formulasi *nugget* berbahan jamur tiram dengan penambahan kacang merah, dan nilai gizi serat dan protein.

Metode : Penelitian *eksperimental design* dengan panelis agak terlatih. Formulasi *nugget* dengan perbandingan jamur tiram : kacang merah F1 (50%:50%), F2 (70%:30%), F3 (80%:20%) kemudian diuji daya terima diperoleh formula nilai tertinggi dan uji kandungan serat, protein. Analisis statistik tingkat kesukaan menggunakan deskriptif persentase.

Hasil : Formula *nugget* pada uji daya terima dengan nilai tertinggi pada formula 2 dengan perbandingan jamur tiram: kacang merah (70%:30%). Kriteria kesukaan rasa (80,8%), warna (76%), aroma (69,6%) dan tekstur (76%). Hasil analisis kandungan serat F2 dengan 3 kali pengujian diperoleh rata-rata (2,006%) dan kandungan protein (17,93%).

Simpulan : Kriteria kesukaan pada formula *nugget* berbahan jamur tiram dengan penambahan kacang merah dalam kategori suka. Persajian 25 g *nugget* mencukupi persentase serat 1,67% dan 7,47% protein dari kebutuhan.

Kata Kunci : Daya Terima, Kandungan Gizi, *Nugget*, Jamur Tiram, Kacang Merah

Kepustakaan : 36 pustaka

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Acceptance, Fiber and Protein Content of Nuggets Made From Oyster Mushroom (*Pleurotus Ostreatus*) With The Addition Of Red Beans (*Phaseolus Vulgaris L.*)

xv + 48 pages + 15 tables + 8 picture + 6 ttachment)

ABSTRACT

Background : *Nugget* is a *ready-to-eat* snack that people of all ages are interested in. *Nuggets* are generally made of finely ground meat and mixed with spices, fillers and additives then molded, steamed, and dipped in egg white and breadcrumbs then *freezer* and fried. The basic ingredients of *nuggets* can be modified with potential local food ingredients, namely oyster mushrooms and red beans. The basic ingredients of oyster mushrooms and red beans have the potential to increase fiber and protein in *nuggets*.

Purpose: The purpose of this study was to determine the acceptability of the *nugget* formulation made from oyster mushrooms with the addition of red beans, and the nutritional value of fiber and protein.

Methods: Experimental design research with untrained panelists. Nuggets formulation with a ratio of oyster mushrooms: red beans F1 (50%:50%), F2 (70%:30%), F3 (80%:20%) then tested for acceptability to obtain the highest value formula and test the content of fiber, protein. Statistical analysis of the level of preference using descriptive percentages.

Results : Nugget formula in the acceptability test with the highest value in formula 2 with the ratio of oyster mushroom: red bean (70%:30%). The criteria for preference are taste (80.8%), color (76%), aroma (69.6%) and texture (76%). The results of the analysis of F2 fiber content with 3 tests obtained an average (2.006%) and protein content (17.93%).

Conclusion: The criteria for liking the nugget formula made from oyster mushrooms with the addition of red beans are in the like category. A serving of 25 g of *nugget* is sufficient for the percentage of 1,67% fiber and 27,47% protein from the RDA requirement

Keywords : Acceptance, Nutritional Content, Nugget, Oyster Mushroom, Red Beans

References : 36 libraries