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## **UJI HEDONIK DAN KANDUNGAN ZAT GIZI PROTEIN, KALSIUM (Ca), FOSFOR (P) NUGGET IKAN TERI (*Stolephorus sp*)**

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### **ABSTRAK**

Ikan teri merupakan bahan pangan tinggi akan kandungan zat gizi protein, kalsium, dan fosfor yang dapat diolah menjadi berbagai jenis makanan seperti *nugget* sehingga dapat dijadikan makanan selingan alternative tinggi protein dan kalsium. Menganalisis uji hedonik dan kandungan zat gizi *nugget* ikan teri. Penelitian ini menggunakan desain eksperimental dalam bidang food production. Formulasi nugget ikan teri yaitu formulasi I (80% : 20%), formulasi II (70% : 30%), dan formulasi III (60% : 40%). Uji hedonik dilakukan kepada 25 orang panelis agak terlatih. Analisis data uji hedonik menggunakan rata – rata tingkat penerimaan produk *nugget* ikan teri dalam bentuk tabel. Analisis kandungan zat gizi protein menggunakan mikro kjehdal, kalsium dengan AAS, dan fosfor dengan spektrophotometri hach. Uji hedonik dari tiga formulasi diperoleh oleh hasil tertinggi yaitu formulasi III : 81,6% cukup, lalu formulasi II : 76,8% cukup, dan terendah foemulsi I : 65% kurang. Kandungan zat gizi nugget ikan teri per 100 gram yaitu kadar protein 17,681%, kadar kalsium 0,9579% dan fosfor 4,8125%. Formulasi III nugget ikan teri dengan perbandingan ikan teri 60% dan roti 40% merupakan formulasi yang dapat diterima. Kandungan zat gizi protein, kalsium, dan fosfor dapat memenuhi kriteria nugget sebagai makanan selingan bagi anak.

**Kata Kunci : Nugget, Ikan teri, Protein; Kalsium**

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**HEDONIC TEST AND THE CONTENT OF PROTEIN NUTRIENTS,  
CALCIUM (Ca), PHOSPHORUS (P) ANCHOVY NUGGET (*Stolephorus sp*)**

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**ABSTRACT**

Anchovies provide high foodstuffs for the content of protein, calcium, and phosphorus nutrients that can be treated to a variety of foods such as nugget and thus serve as foods that alternative high proteins and calcium. Analyzing hedonic tests and the nutritional content of anchovies nugget. The study used an experimental design in the field of food production. Nuggets: Anchovy formulation I (80% : 20%), formulation II (70% : 30%), and formulation III (60% : 40%). Hedonic tests were performed on 25 highly trained panelists. Analysis of hedonic test data used average - average receptacle of anchovy nugget in the shape of a chart. Protein nutritional analysis used micro-kjedhal, calcium with AAS, and phosphorus with spectrophotometri hach. Hedonic tests from three formulations obtained by the highest yield on formulation III: 81.6% is sufficient, then formulation II: 76.8% is sufficient, and a lower yield of foemulsi I: 65% less. The nutritional content of anchovy nuggets at 100 grams which is a protein 17,681%, calcium levels 0.9579% and phosphorus 4,8125%. Formulation III nugget anchovies by 60% ratio of anchovies and 40% of bread are acceptable formulations. The content of protein, calcium, and phosphorus nutrients can meet the criteria of the nugget as a distraction food for children.

**Keywords : Nugget; Anchovy; Protein; Calcium**