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**TINGKAT KESUKAAN DAN KANDUNGAN GIZI NUGGET IKAN LELE (*Clarias gariepinus*) DENGAN PENAMBAHAN TEPUNG KACANG HIJAU (*Vigna radiata L.*)**

**ABSTRAK**

**Latar Belakang :** Nugget terbuat dari daging giling dapat dijadikan produk setengah matang dan merupakan snack. Modifikasi olahan nugget yaitu ikan lele dengan penambahan tepung kacang hijau, bertujuan untuk meningkatkan kandungan protein.

**Tujuan :** Mendiskripsikan tingkat kesukaan dan kandungan gizi nugget ikan lele (*Clarias gariepinus*) dengan penambahan tepung kacang hijau (*Vigna radiata L.*)

**Metode :** Penelitian *Research & Development* menggunakan 3 formulasi yaitu dengan perbandingan ikan lele : tepung kacang hijau : roti tawar. F1 = 50% :30% :20%, F2 = 60% :20% :10%, F3 = 70%: 10% :20% dari berat bahan nugget 100 gram.

**Hasil :** Formulasi nugget dengan tingkat kesukaan tinggi yaitu F2 menggunakan perbandingan ikan lele 60%,tepung kacang hijau 20%, roti tawar 20% dari berat bahan nugget 100 gram. Kandungan gizi nugget per 100 gram yaitu karbohidrat 69,54 gr, protein 19,39 gram, lemak 3,94 gram, air 18,08 gram dan abu 0,70 gram.

**Simpulan :**Formulasi nugget terbaik yaitu F2 dengan komposisi ikan lele 60gram, tepung kacang hijau 20gram, roti tawar 20 gram. Kandungan gizi nugget dapat mencukupi kebutuhan anak balita 1-5 tahun dan anak usia sekolah berdasarkan AKG 2019.

**Kata Kunci :**Tingkat Kesukaan, Kandungan Gizi,Nugget, Ikan Lele,Tepung Kacang Hijau.

**Kepustakaan :** 48 pustaka

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**LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF CATFISH NUGGET (*Clarias gariepinus*) WITH ADDITIONAL GREEN BEAN FLOUR (*Vigna radiata L.*)**

**ABSTRACT**

**Background :** Nugget made from ground beef can be used as a semi-cooked product and is a snack. Modification of processed nuggets, namely catfish with the addition of mung bean flour, aims to increase the protein content .

**Purpose :** Describe the level of preference and nutritional content of catfish nuggets (*Clarias gariepinus*) with the addition of mung bean flour (*Vigna radiata L.*)

**Methods :** *Research & Development* using 3 formulations, namely the ratio of catfish : mung bean flour: white bread, F1 = 50% :30% :20%, F2 = 60% :20% :10%, F3 = 70%: 10% :20% from the weight of material nugget 100 grams.

**Result :** The nugget formulation with a high level of preference, namely F2, used a ratio of 60% catfish, 20% green bean flour, 20% white bread from the weight of 100 gram nuggets. The nutritional content of nuggets per 100 grams is 69.54 grams of carbohydrates, 19.39 grams of protein, 3.94 grams of fat, 18.08 grams of water and 0.70 grams of ash.

**Conclusion :** A good nugget formulation F2 with a composition of 60 grams catfish, 20 grams of green bean flour, 20 grams of white bread. The nutritional content of nuggets can meet the needs of children under five years old and school-age children based on the AKG 2019

**Keywords :** Level Of Preference, Nutrition Content, Nugget, Catfish, Green bean Flour.

**Reference :** 48 libraries

