

# **TINGKAT KESUKAAN DAN KANDUNGAN GIZI SOSIS IKAN LELE (*Clarias Batrachus*) DENGAN PENAMBAHAN TEPUNG JAGUNG (*Zea mays*) SEBAGAI PMT BALITA**

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## **ABSTRAK**

**Latar Belakang :** Sosis merupakan makanan olahan dari daging khususnya daging sapi dan daging ayam yang dijadikan sebagai salah satu pangan sumber protein. Sosis digemari masyarakat karena mudah dalam pengolahan secara cepat saji sehingga banyak dikalangan usia balita sampai usia dewasa yang mengkonsumsi produk olahan sosis tersebut. Ikan lele juga mengandung karoten, vitamin A, fosfor, kalsium, zat besi, vitamin B1, vitamin B6, vitamin B12, dan kaya asam amino seperti leusin dan lisin. Lisin termasuk asam amino yang sangat penting dan dibutuhkan sekali dalam pertumbuhan dan perkembangan anak. Kandungan komponen gizi ikan lele mudah dicerna dan diserap oleh tubuh baik anak-anak, dewasa maupun orang tua

**Tujuan :** Mengetahui Tingkat kesukaan berdasarkan uji hedonik dan mendeskripsikan kandungan gizi berupa protein, lemak, karbohidrat, serat, air dan abu

**Metode :** Penelitian ini menggunakan desain eksperimental dalam bidang produksi pangan. Formulasi yang digunakan yaitu formulasi I (60% : 30% : 10%), formulasi II (70% : 20% : 10%) dan formulasi III (80% : 10% : 10%). Tingkat kesukaan dilakukan kepada 30 orang panelis agak terlatih. Analisis kandungan gizi menggunakan standar SNI- 01-2891-1992. Metode analisis data menggunakan univariat.

**Hasil :** Terdapat 3 formulasi yaitu F1, F2, F3 berdasarkan rata-rata paling banyak penerimaan pada parameter warna, aroma, rasa, tekstur didapatkan hasil paling tinggi pada formulasi F2. Kandungan gizi F2 berdasarkan hasil rata-rata didapati hasil kadar protein 10,18%, lemak 7,89%, karbohidrat 8,01%, energi 143,86%, abu 0,71% dan serat 0,34%.

**Simpulan :** Formulasi 2 merupakan formulasi terbaik dengan nilai kandungan gizi melebihi batas standar SNI per 100 gram sosis ayam dengan kadar protein 10,18%, lemak 7,89% dan serat 0,34%

**Kata Kunci :** *Sosis, Ikan lele, Tepung jagung, tingkat kesukaan, kandungan zat gizi.*

# **PREFERENCE SCALE TES AND NUTRITIONAL CONTENT OF CATFISH (*Clarias Batrachus*) Sausage WITH THE ADDITION OF CORN (*Zea mays*) FLOUR AS A PMT TODDLER**

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## **ABSTRACT**

**Background :** Sausage is a processed food made from meat, especially beef and chicken which is used as a source of protein. Sausage is popular with the public because it is easy to process in a fast food manner, so that many children from toddlers to adults consume these processed sausage products. Catfish also contains carotene, vitamin A, phosphorus, calcium, iron, vitamin B1, vitamin B6, vitamin B12, and is rich in amino acids such as leucine and lysine. Lysine is an amino acid that is very important and needed for the growth and development of children. The nutritional components of catfish are easily digested and absorbed by the body of both children, adults and the elderly.

**Objective:** To determine the level of preference based on the hedonic test and describe the nutritional content in the form of protein, fat, carbohydrates, fiber, water and ash.

**Methods :** This study uses an experimental design in the field of food production. The formulations used are formulation I (60% : 30% : 10%), formulation II (70% : 20% : 10%) and formulation III (80% : 10% : 10%). The level of preference was carried out to 30 moderately trained panelists. Analysis of nutritional content using the standard SNI-01-2891-1992. Data analysis method using univariate.

**Results:** There are 3 formulations, namely F1, F2, F3 based on the average of the most acceptance on the parameters of color, aroma, taste, texture obtained in the F2 formulation. The nutritional content of F2 based on the average results was found to be 10.18% protein, 7.89% fat, 8.01% carbohydrate, 143.86% energy, 0.71% ash and 0.34% fiber.

**Conclusion:** Formulation 2 is the best formulation with nutritional value exceeding the standard limit of SNI per 100 grams of chicken sausage with 10.18% protein content, 7.89% fat and 0,34% fiber.

**Keywords:** *Sausage, catfish, corn flour, level of preference, nutrient content.*