

**TINGKAT KESUKAAN DAN KANDUNGAN GIZI NUGGET IKAN TONGKOL  
(*Euthynnus affinis* C) DENGAN PENAMBAHAN  
TEPUNG KACANG MERAH (*Phaseolus vulgaris* L)**

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**ABSTRAK**

**Latar belakang :** Nugget yang sering di konsumsi pada umumnya mempunyai kadar lemak tinggi dan tidak terdapat kandungan serat. Perlu adanya bahan pangan alternatif lain dengan kandungan zat gizi lebih unggul dari daging ayam dan sapi. Salah satunya adalah ikan tongkol, alternatif lain nugget dapat ditambahkan kacang merah.

**Tujuan :** Mengetahui tingkat kesukaan formulasi nugget ikan tongkol dan mendeskripsikan tingkat kesukaan, kandungan gizi berupa protein dan serat.

**Metode :** penelitian ini menggunakan desain eksperimental. Formulasi yang digunakan perbandingan ikan tongkol, tepung kacang merah, terigu yaitu Formulasi 1 (50% : 30% : 20%), Formulasi 2 (60% : 20% : 20%) dan Formulasi 3 (70% : 10% : 20%). Uji Tingkat Kesukaan dilakukan kepada 25 orang penelis agak terlatih. Analisis kandungan gizi menggunakan metode kjedhal dan gravimetri. Metode analisis data menggunakan univariat (deskriptif).

**Hasil :** Terdapat 3 formulasi yang dibuat yaitu Formulasi 1, Formulasi 2 dan Formulasi 3 berdasarkan rata-rata yang paling banyak disukai pada parameter warna, aroma, rasa, tekstur didapatkan hasil paling tinggi yaitu Formulasi 2, kandungan gizi Formulasi 2 berdasarkan hasil rata-rata didapati hasil kadar protein 13,59% dan serat 0,55%.

**Simpulan :** Formulasi 2 merupakan formulasi terbaik paling disukai dengan nilai kandungan gizi per 100 gram untuk kandungan protein 13,59% telah memenuhi syarat mutu SNI dan ada kontribusi serat yaitu 0,55%.

**Kata Kunci :** Nugget, ikan tongkol, kacang merah, tingkat kesukaan, kandungan gizi

**THE LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF NUGGET  
COB FISH (*Euthynnus affinis* C) WITH ADDITIONS RED BEAN FLOUR  
(*Phaseolus vulgaris* L)**

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**ABSTRACT**

**Background :** Nuggets are processed foods with high protein nutritional content made from animal protein as basic ingredients. Nuggets that are often consumed generally have high fat content and not fiber content. There is a need for other alternative food ingredients with superior nutritional content than chicken and beef. One of them is tuna, alternatively nuggets can be added red beans.

**Purpose :** Knowing the level of preference the formulation of tuna fish nuggets and describing the level of favor, nutritional content in the form of protein and fiber.

**Method :** This study used an experimental design. The formulations used are the ratio of tuna, red bean flour, flour, namely Formulation 1 (50%: 30%: 20%), Formulation 2 (60%: 20%: 20%) and Formulation 3 (70%: 10%: 20%). The Likelihood Test was conducted on 25 moderately trained researchers. Analysis of nutritional content using the Kjeldhal and gravimetric methods. Data analysis method using univariate (descriptive).

**Results :** There are 3 formulations made, namely Formulation 1, Formulation 2 and Formulation 3 based on the most preferred average on the parameters of color, aroma, taste, texture, the highest results were Formulation 2, the nutritional content of Formulation 2 based on the average results obtained 13.59% protein content and 0.55% fiber.

**Conclusion :** Formulation 2 is the best and most preferred formulation with nutritional value per 100 grams for a protein content of 13.59% that has met SNI quality requirements and there is a contribution of fiber that is 0.55%.

**Keywords :** nuggets, tuna, red beans, preference scale tes, nutritional content