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**“KANDUNGAN ZAT GIZI DAN TINGKAT KESUKAAN NUGGET IKAN PATIN (*Pangasius Hypophthalmus B*) DENGAN PENAMBAHAN TEPUNG SUKUN (*Artocarpus Altilis Park*)”**

**ABSTRAK**

**Latar Belakang :** *Nugget* merupakan salah satu jenis makanan cepat saji yang populer di Indonesia dan umumnya disukai oleh semua kalangan masyarakat, dari anak-anak hingga orang dewasa. *Nugget* merupakan produk yang terbuat dari berbagai jenis daging diantaranya, daging ayam dan ikan. Ikan patin sebagai sumber protein, kadar omega 3 berkisar 1,16-12,44% dan omega 6 berkisar 12,278-15,961%. Asam oleat pada ikan patin sebesar 8,43 % yang merupakan asam lemak jenuh tunggal yang terdapat pada daging ikan patin (Andriani, 2014). Tepung sukun berasal dari buah sukun segar yang diproses melalui proses pengeringan dan penepungan. Kandungan energi, karbohidrat, serat dan mineral pada tepung sukun lebih tinggi dibandingkan dengan tepung terigu (Kemenkes RI, 2017)

**Tujuan :** Mengetahui formulasi terbaik nugget dan mendeskripsikan kandungan zat gizi energi, protein, lemak, karbohidrat, serat kasar, kadar air dan kadar abu.

**Metode :** Penelitian ini menggunakan metode *Research and Development (R&D)*. Tingkat kesukaan dilakan oleh 29 panelis agak terlatih. Formulasi yang digunakan yaitu F1 40%:60%, F2 60%:40% dan F3 80%;20%. Analisis kandungan zat gizi mengacu pada standar SNI 01-2891-1992. Metode analisis data menggunakan analisis univariat.

**Hasil :** Formulasi terbaik diperoleh pada formulasi F3 berdasarkan uji tingkat kesukaan dengan parameter aroma, warna, rasa dan tekstur. Kandungan zat gizi didapatkan nilai rerata energi 301,53 kkal, protein 12,12 %, lemak 17,48%, karbohidrat 23,93%, serat kasar 0,92%, kadar abu 2,28% dan kadar air 45,18%.

**Simpulan :** Kandungan gizi (energi, protein, karbohidrat, kadar abu dan kadar air) formulasi terbaik F3 memenuhi syarat mutu SNI 01 7758 2013. Kadar lemak melebihi batas syarat mutu nugget maksimal 15%

**Kata Kunci :** *nugget, ikan patin, tepung sukun, tingkat kesukaan, kandungan zat gizi*

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**“THE ANALYSIS OF NUTRITIONAL CONTENT AND LEVEL OF PREFERENCE CATFISH NUGGET (*Pangasius Hypophthalmus B*) WITH THE ADDITION OF BREADFRUIT FLOUR (*Artocarpus Altilis Park*)”**

**ABSTRAK**

**Background :** Nugget is one type of fast food that is popular in Indonesia and is generally like by all circles of society, from children to adults. Nuggets are product made from various types of meat, including chicken and fish. Catfish as a source of protein, omega 3 levels ranged from 1.16-12.44% and omega 6 ranged from 12.278-15.961%. Oleic acid in catfish is 8.43% which is a monounsaturated fatty acid found in catfish meat (Andriani, 2014). Breadfruit flour comes from fresh breadfruit which is processed through a drying and flouring process. The content of energy, carbohydrates, fiber and minerals in breadfruit flour is higher than wheat flour (Kemenkes RI, 2017).

**Purpose :** This research aims to the best nugget formulation and describing the nutritional content of energy, protein, fat, carbohydrate, crude fiber, water content and ash content.

**Method :** This study uses the Research and Development (R&D) method. The level of preference was carried out by 29 moderately trained panelists. The formulations used are F1 40%;60%, F2 60%:40%, and F3 80%:20%. Analysis of nutrient content refers to the standard of SNI 01-2891-1992. The data analysis method used univariate analysis

**Results :** The best formulation was obtained in the F3 formulation based on the level of preference test with aroma, color, taste and texture. Nutrient content obtained an average value of energy 301.53 kcal, 12.12% protein, 17.48% fat, 23.93% carbohydrates, 0.92% crude fiber, 2.28% ash contents and 45.18% water content.

**Conclusion :** The nutritional content (energy, protein, carbohydrates, ash content and water content) of the best formulation F3 meets the quality requirements of SNI 01-7758 2013. The fat content exceeds the maximum nugget quality requirements limit of 15%.

**Keywords :** *nuggets, catfish, breadfruit flour, preference levels, nutrient content*