

Universitas Ngudi Waluyo  
Program Studi S1 Gizi  
Fakultas Kesehatan  
Skripsi, Februari 2023  
Muhammad Iqbal Salim  
060118A043

## TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI NUGGET AYAM DENGAN SUBSTITUSI PISANG KEPOK PUTIH (*Musa paradisiaca. L*)

### ABSTRAK

**Latar belakang:** Pemanfaatan olahan pisang kepok putih berupa tepung sebagai bahan pengikat adonan *nugget* untuk menggantikan tepung terigu dan mengoptimalkan kandungan zat gizi.

**Tujuan:** Mendeskripsikan tingkat kesukaan dan kandungan protein, dan serat pada formula *nugget* berbahan dasar pisang kepok putih.

**Metode:** Desain penelitian menggunakan *experimental design* terdiri dari tiga formulasi *nugget* Ayam dengan Substitusi Tepung Pisang Kepok Putih (*Musa paradisiaca. L*) dengan perbandingan formulasi 1 (40: 60), formulasi 2 (60: 40) dan formulasi 3 (100: 0) diuji tingkat kesukaan terdiri 27 panelis agak terlatih. Formula dengan skor tingkat kesukaan tertinggi dilakukan analisis kandungan protein dan serat.

**Hasil:** Hasil uji tingkat kesukaan formulasi 2 dengan nilai rata-rata skor paling tinggi sebesar 103,25 (82,6%), formulasi 1 skor nilai rata-rata 96,25 (77%) dan rata-rata skor terendah formulasi 3 dengan skor 88,5 (70,8). Kandungan zat gizi protein 11,31 %, dan kandungan zat gizi serat sebesar 0,49 %.

**Simpulan:** Formulasi 2 *nugget* Ayam dengan Substitusi Tepung Pisang Kepok Putih (*Musa paradisiaca. L*) mendapatkan skor tertinggi. Kandungan kadar protein masih dibawah SNI.

**Kata Kunci:** kandungan zat gizi, tingkat kesukaan, *nugget*, pisang kepok putih.

**Ngudi Waluyo University**  
**Undergraduate Nutrition Study Program**  
**health faculty**  
**Final Assignment, February 2023**  
**Muhammad Iqbal Salim**  
**060118A043**

**LEVEL OF LIKES AND NUTRITIONAL CONTENT OF CHICKEN NUGGETS WITH BANANA KEPOK PUTIH (*Musa paradisiaca*. L)**

**ABSTRACT**

**Background:** *Utilization of processed white kepok bananas in the form of flour as a binder for nugget dough to replace wheat flour and optimize nutrient content.*

**Aim :** Describe the level of preference and content of carbohydrates, protein, fat, and fiber in the nugget formula made from white kepok bananas.

**Method :** The research design used an experimental design consisting of three formulations of chicken nuggets with white kepok banana flour substitution (*Musa paradisiaca*. L) with a comparison of formulation 1 (40: 60), formulation 2 (60: 40) and formulation 3 (100: 0) tested for level The favorite consisted of 27 semi-trained panelists. The formula with the highest preference score was analyzed for protein and fiber content.

**Results :** The results of the preference level test for formulation 2 with the highest average score of 103.25 (82.6%), formulation 1 the average score of 96.25 (77%) and the lowest average score of formulation 3 with a score of 88 .5 (70.8). The nutrient content of protein is 11.31%, and the nutrient content of fiber is 0.49%.

**Conclusion:** Formulation of 2 Chicken Nuggets with Kepok Putih Banana Flour Substitution (*Musa paradisiaca*. L) got the highest score. The protein content is still below the SNI.

**Keywords :** nutrient content, preference level, nuggets, white kepok bananas.