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**TINGKAT KESUKAAN DAN KANDUNGAN GIZI NUGGET LABU
KUNING (*Cucurbita moschata*)**

ABSTRAK

Latar Belakang : Labu kuning merupakan bahan pangan lokal bertekstur lembut & manis yang mengandung karbohidrat, serat dan karotenoid, labu kuning banyak dijadikan sebagai olahan yang bercita rasa manis, labu kuning berpotensi diolah menjadi nugget bercitarasa gurih.

Tujuan : Menganalisis uji tingkat kesukaan dan kandungan gizi *nugget* labu kuning

Metode : Penelitian ini menggunakan desain *experimental* dalam bidang *food production*. Formulasi *nugget* labu kuning yaitu formulasi I (50% : 50%), formulasi II (60% : 40%), dan formulasi III (70% : 30%). Uji tingkat kesukaan dilakukan kepada 33 orang panelis agak terlatih, analisis data uji tingkat kesukaan menggunakan uji beda *Kruskal Wallis* dilanjutkan uji *Man Whitney* dengan taraf signifikansi 95% atau $\alpha=5\%$, kemudian formulasi yang paling disukai dilakukan uji analisis kandungan gizi.

Hasil : Uji tingkat kesukaan dari tiga formulasi diperoleh hasil tertinggi yaitu formulasi I (75.6%) dengan kategori “Cukup”, kandungan gizi dalam 100 gram nugget labu kuning terdiri dari kandungan energi sebesar 328,81 kkal, kandungan protein 6,84%, kandungan lemak 1,95%, kandungan karbohidrat 70,95% dan kandungan serat 1,05%.

Simpulan : Formulasi I nugget labu kuning merupakan formulasi yang paling disukai. Kandungan protein kurang dari standar minimal SNI dan kandungan karbohidrat melebihi standar maksimal SNI.

Kata Kunci : Nugget, Tingkat Kesukaan, Kandungan Gizi

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LEVEL OF LIKES AND NUTRITIONAL CONTENT OF YELLOW PUMPKIN NUGGET (*Cucurbita moschata*)

ABSTRACT

Background: Pumpkin is a local food with a soft and sweet texture that contains carbohydrates, fiber and carotenoids, pumpkin is widely used as a sweet-tasting preparation, pumpkin has the potential to be processed into savory nuggets.

Objective: To analyze the level of preference and nutritional content of pumpkin nuggets.

Methods: This study uses an experimental design in the field of food production. The pumpkin nugget formulations were formulation I (50% : 50%), formulation II (60% : 40%), and formulation III (70% : 30%). The preference level test was conducted on 33 moderately trained panelists, the analysis of the preference level test data using the Kruskal Wallis difference test followed by the Man Whitney test with a significance level of 95% or $\alpha=5\%$, then the most preferred formulation was tested for nutritional content analysis.

Results: The level of preference test of the three formulations obtained the highest results, namely formulation I (75,6%) with the category "Enough", the nutritional content in 100 grams of pumpkin nuggets consisted of an energy content of 328,81 kkal, protein content of 6,84%, fat content 1,95%, carbohydrate content 70,95%, fiber content 1,05%.

Conclusion: The formulation of I pumpkin nugget is the most preferred formula, the protein content is less than the minimum standard of SNI and the carbohydrate content is more than the maximum standard of SNI.

Keywords: Nugget, Likelihood Level, Nutritional Content