

ABSTRAK

Sri Handayani Tumangger: *Analisis Zat Gizi Nugget Dengan Penambahan Ikan Lele, Tepung Mocaf, Dan Wortel Sebaagai Makanan Sumber Protein*. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024.

Nugget adalah produk olahan gilingan daging yang dicetak, dimasak, dan dibekukan dengan penambahan bahan-bahan tertentu yang diijinkan. Umumnya Masyarakat saat ini lebih menyukai makanan yang praktis dan siap disajikan dalam waktu yang relatif singkat. Akan tetapi untuk produk nugget ikan lele, wortel, dan tepung mocaf belum ada di pasaran, sehingga penelitian ini perlu dilakukan dengan tujuan untuk mengetahui: 1) Pembuatan nugget dengan penambahan ikan lele (30%, 40%,50%), tepung mocaf 30%, dan wortel 20%; 2) Hasil uji hedonik dan mutu hedonik panelis terhadap warna, aroma, tekstur, dan rasa; 3) Nugget formula terbaik; 4) Menganalisis kandungan zat gizi protein, karbohidrat, lemak, dan serat pada nugget formula terbaik. Tempat penelitian di Laboratorium Gizi UNIMED. Desain penelitian eksperimen dengan metode RAL (Rancangan Acak Lengkap). Formulasi nugget ada 4 perlakuan yaitu F0 (kontrol), F1 (Penambahan ikan lele 30%), F2 (Penambahan ikan lele 40%), F3 (Penambahan ikan lele 50%). Uji organoleptik berupa uji hedonik dan uji mutu hedonik dengan panelis tidak terlatih sebanyak 30 orang. Hasil penelitian dianalisis dengan metode uji *Kruskal wallis* dengan uji lanjutan *Mann-whitney*. Penentuan formula terbaik dipilih berdasarkan uji hedonik dan uji mutu hedonik.

Berdasarkan hasil penelitian ini menunjukkan bahwa produk terbaik pembuatan nugget adalah kode sampel F3 dengan penambahan ikan lele 50 persen, tepung mocaf 30 persen, dan wortel 20 persen. Hasil uji hedonik nugget kode sampel F3 panelis sangat suka pada aroma dengan rerata 3,93, rerata 4,17 panelis sangat suka terhadap tekstur, rerata 4,23 panelis sangat suka terhadap rasa nugget, dan rerata 4,40 panelis sangat suka terhadap warna nugget. Hasil uji mutu hedonik 43,3 persen panelis mengatakan nugget sangat beraroma ikan lele, tepung mocaf, dan wortel, 60 persen panelis sangat suka tekstur nugget, 63,3 persen panelis sangat suka rasa nugget, dan 60 persen panelis sangat suka warna dari nugget. Formula terbaik nugget kode sampel F3 dengan penambahan ikan lele 50 persen, tepung mocaf 30 persen, dan wortel 20 persen dengan nilai rerata aroma 3,93, rerata tekstur 4,17, rerata rasa 4,23, dan rerata warna 4,30. Hasil uji mutu hedonik F3 diperoleh sangat beraroma ikan lele, tepung mocaf, dan wortel rerata 4,20, tekstur lembut dan padat rerata 4,07, rasa sangat enak rerata 4,40, dan warna kuning keemasan yang disukai rerata 4,37. Kandungan gizi pada nugget formula terbaik kode sampel F3 adalah kadar air 40,79 persen, kadar abu 2,07 persen, kadar protein sebesar 8,9 persen, kadar lemak sebesar 27,73 persen, kadar karbohidrat sebesar 17,13 persen, dan kadar serat kasar adalah 4,3 persen.

ABSTRACT

Sri Handayani Tumangger: Analysis of Nugget Nutrients with the Addition of Catfish, Mocaf Flour, and Carrots as Protein Source Foods. Thesis. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. Medan State University. 2024.

Nuggets are processed products of ground meat that are molded, cooked, and frozen with the addition of certain permitted ingredients. Generally, people today prefer food that is practical and ready to be served in a relatively short time. However, catfish nugget products, carrots, and mocaf flour are not yet on the market, so this research needs to be carried out with the aim of finding out: 1) Making nuggets with the addition of catfish (30%, 40%, 50%), mocaf flour 30%, and carrots 20%; 2) The results of the hedonic test and the quality of the panelists' hedonic on color, aroma, texture, and taste; 3) Nugget the best formula; 4) Analyze the nutrient content of protein, carbohydrates, fats, and fiber in the best formula nuggets. Research place at the UNIMED Nutrition Laboratory. Experimental research design using the RAL (Complete Random Design) method. There are 4 treatments for nugget formulation, namely F0 (control), F1 (30% catfish addition), F2 (40% catfish addition), F3 (50% catfish addition). The organoleptic test was in the form of a hedonic test and a hedonic quality test with 30 untrained panelists. The results of the study were analyzed by the Kruskal wallis test method with the Mann-whitney follow-up test. The determination of the best formula is selected based on the hedonic test and the hedonic quality test.

Based on the results of this study, it shows that the best product for making nuggets is the F3 sample code with the addition of 50 percent catfish, 30 percent mocaf flour, and 20 percent carrots. The results of the hedonic test of the F3 sample code of the panelists were very fond of the aroma with an average of 3.93, an average of 4.17 panelists very much liked the texture, an average of 4.23 panelists really liked the taste of the nuggets, and an average of 4.40 panelists really liked the color of the nuggets. The results of the hedonic quality test showed that 43.3 percent of panelists said that the nuggets were very flavorful of catfish, mocaf flour, and carrots, 60 percent of the panelists liked the texture of the nuggets, 63.3 percent of the panelists really liked the taste of the nuggets, and 60 percent of the panelists really liked the color of the nuggets. The best formula for sample code nuggets is F3 with the addition of 50 percent catfish, 30 percent mocaf flour, and 20 percent carrots with an average aroma value of 3.93, average texture 4.17, average taste 4.23, and average color 4.30. The results of the F3 hedonic quality test were obtained with a very flavorful catfish, mocaf flour, and carrots on average 4.20, soft and dense texture on average 4.07, very good taste on average 4.40, and golden yellow color favored on average 4.37. The nutritional content of the best formula nuggets with the F3 sample code is 40.79 percent water content, 2.07 percent ash content, 8.9 percent protein content, 27.73 percent fat content, 17.13 percent carbohydrate content, and 4.3 percent crude fiber content.