

ABSTRAK

Adistia Widani Putri: Analisis Kandungan Zat Gizi Makro Pada Ikan Jurung Salai (*Neolissochilus Sumatranus*) Khas Batak Mandailing. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2024.

Ikan merupakan bahan makanan yang mengandung protein tinggi dan mengandung asam amino esensial yang sangat diperlukan oleh tubuh, selain itu ikan memiliki nilai biologis mencapai 90% dan memiliki jaringan pengikat sedikit sehingga mudah dicerna. Ikan merupakan komoditi ekspor yang mudah mengalami pembusukan dibandingkan produk daging, buah dan sayuran. Penelitian ini bertujuan untuk mengetahui : 1) Mengetahui kandungan zat gizi makro ikan jurung segar, 2) Mengetahui kandungan zat gizi makro ikan jurung salai khas mandailing, 3) Mengetahui perbandingan kandungan zat gizi makro ikan jurung segar dan ikan jurung salai. Lokasi penelitian dilaksanakan di laboratorium balas standarisasi dan pelayanan jasa industri medan (BSPJI).

Berdasarkan hasil penelitian menunjukkan kadar air pada ikan jurung segar sebesar 64,9% dibandingkan dengan hasil kadar air ikan jurung salai sebesar 7,05%. Hasil kadar air ikan jurung salai sudah sesuai dengan SNI 2725: 2013 yaitu pada SNI kadar air maksimum ikan asap (ikan salai) adalah 60% sedangkan kadar air ikan jurung salai 7,05%. kadar abu pada ikan jurung segar sebesar 1,73% dibandingkan dengan hasil kadar abu ikan jurung salai sebesar 16,2%. Kadar abu ikan jurung salai bila dibandingkan dengan kadar abu ikan jurung segar mengalami kenaikan. kadar lemak pada ikan jurung segar sebesar 6,26% dibandingkan dengan hasil kadar lemak ikan jurung salai sebesar 17,4%. Hasil kadar lemak ikan jurung salai sudah sesuai dengan SNI 2725; 2013 yaitu pada SNI kadar lemak maksimum ikan salai adalah 20 % sedangkan kadar lemak ikan jurung salai 11,55%. kadar protein pada ikan jurung segar sebesar 15,4% dibandingkan dengan hasil kadar protein ikan jurung salai sebesar 65,2%. kadar karbohidrat pada ikan jurung segar sebesar 4,18 % dibandingkan dengan hasil kadar karbohidrat ikan jurung salai sebesar 0 %.

Kata Kunci : Analisis Kandungan Gizi, Ikan Jurung Salai.

ABSTRACT

Adistia Widani Putri: Analysis of Macro Nutrient Content in Jurung Salai Fish (*Neolissochilus Sumatranus*) Typical of Mandailing Batak. Thesis. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. State University of Medan. 2024.

Fish is a food ingredient that contains high protein and contains essential amino acids that are needed by the body, besides that fish has a biological value of up to 90% and has little binding tissue so it is easily digested. Fish is an export commodity that is easily spoiled compared to meat, fruit and vegetable products. This study aims to determine: 1) Knowing the macronutrient content of fresh jurung fish, 2) Knowing the macronutrient content of salai jurung fish typical of mandailing, 3) Knowing the comparison of macronutrient content of fresh jurung fish and salai jurung fish. The location of the research was carried out in the laboratory of the standardization and service standardization of the field industry (BSPJI).

Based on the results showing the water content in fresh jurung fish of 64.9% compared to the yield of the water content of Jurung Salai fish of 7.05%. The results of the water content of Jurung Salai fish are in accordance with SNI 2725: 2013, namely in SNI the maximum water content of smoked fish (salai fish) is 60% while the water content of Jurung Salai fish is 7.05%. The ash content in fresh jurung fish is 1.73% compared to the results of the gray level of the jurung salai fish by 16.2%. Jurung Salai's ash content when compared to fresh jurung fish ash content has increased. Fat content in fresh jurung fish is 6.26% compared to the results of the fat level of jurung salai fish by 17.4%. The results of the fat level of Jurung Salai fish are in accordance with SNI 2725; 2013, namely in SNI the maximum fat content of salai fish is 20 % while the fat content of Jurung Salai fish is 11.55 %. Protein content in fresh jurung fish is 15.4% compared to the results of the protein content of Jurung Salai fish by 65.2%. Carbohydrate content in fresh jurung fish is 4.18 % compared to the results of carbohydrate levels of jurung salai fish by 0 %.

Keywords : nutrient conten analysis, jurung salai fish.