

DAYA TERIMA DAN KADAR PROTEIN

NUGGET IRINATAKE SEBAGAI MAKANAN FORMULASI

BALITA KURANG ENERGI PROTEIN (KEP)

ABSTRAK

Latar Belakang Kurang Energi Protein adalah salah satu masalah gizi utama yang banyak dijumpai pada balita Indonesia yang berdampak pada pertumbuhan, perkembangan hingga kematian. Penyebab terjadinya KEP dipengaruhi oleh penyebab langsung yaitu kekurangan makanan sumber energi secara umum dan sumber protein dan tak langsung seperti tidak cukup tersedianya pangan di rumah tangga. Ikan sebagai protein hewani mempunyai nilai cerna dan nilai biologis yang lebih tinggi dibanding daging hewan lain. Ikan teri termasuk 10 komoditas utama di laut, tangkapan ikan teri selalu meningkat setiap tahunnya. Konsumsi ikan masyarakat Indonesia masih belum mencapai target. Diperlukan adanya inovasi makanan berbahan dasar ikan seperti *nugget* irinatake, *nugget* menggabungkan antara ikan teri dan tahu. **Tujuan** penelitian ini mengetahui uji organoleptik dan kadar protein terhadap formulasi terbaik *nugget* Irinatake. **Metode** penelitian menggunakan metode eksperimental dengan 2 kontrol yaitu *nugget* teri dan *nugget* tahu dan 3 formulasi antara teri : tahu (3:1, 2:2, 1:3). Terdapat dua uji yaitu uji subyektif dan obyektif. Uji subyektif yaitu uji organoleptik untuk mengetahui daya terima warna, aroma, tekstur, dan rasa melibatkan 25 panelis. Uji obyektif yaitu untuk mengetahui kadar protein pada formulasi *nugget* Irinatake yang paling disukai dengan menggunakan metode Kjeldahl. Teknik analisa statistik yang digunakan adalah kruskal Wallis dan dilanjutkan dengan uji lanjutan Mann Whitney untuk mengetahui perbedaan daya terima antar formulasi *Nugget* Irinatake. **Hasil** berdasarkan sifat organoleptik, formulasi yang paling disukai panelis adalah formulasi teri : tahu = 1:3 dengan skor 3,41. Kadar protein *nugget* irinatake pada formulasi teri : tahu = 1: 3 sebesar 8,5 %. pada *nugget* kontrol teri sebesar 8,45% *nugget* kontrol tahu sebesar 8,285%

Kata kunci : *Kurang Energi Protein, Ikan teri nasi segar, Tahu, Nugget*

**ACCEPTABILITY TEST AND PROTEIN CONTENT
IRINATAKE NUGGET AS A FOOD FORMULATION
FOR TODDLER PROTEIN ENERGY MALNUTRITION**

ABSTRACT

Background PEM is one of the main nutritional problems that are often found in Indonesian toddlers which can have an impact on growth, development and intellectual, an impact on morbidity and death. The cause of PEM is influenced by direct causes, namely lack of food sources of energy in general and sources of protein and indirect such as insufficient food availability in the household. Fish has a higher digestibility and biological value than the meat of other animals. Which is one of the 10 main commodities in the sea. Therefore it is necessary to innovate fish-based foods and one of them is the irinatake nugget, which is a nugget that combines anchovy and tofu as plant protein. **The purpose** of this research was to determine the organoleptic test and protein content of the best formulation of Irinatake nuggets. **Method** of this research used an experimental method with 2 controls, that is anchovies nugget and tofu nugget, and 3 formulations between anchovy and tofu (3: 1, 2: 2, 1: 3). There are two tests conducted, The subjective test is an organoleptic test to determine the acceptability including color, aroma, texture, and taste by involving 25 panelists. The objective test is to find out the protein content using the Kjeldahl method in the most preferred nugget formulation. The statistical analysis technique used is Kruskal Wallis and continued by Mann Whitney test to find out the differences in acceptability between the Irinatake Nugget formulations. **Result** from this research based on organoleptic properties, the formulation most favored by panelists is the anchovy formulation: tofu = 1: 3 with a score of 3.41. Irinatake nugget protein content in anchovies: tofu = 1: 3 formulation was 8.5%. in anchovy nuggets by 8.45% tofu control nuggets by 8.285%

Keywords: *Protein Energy Malnutrition , fresh anchovy and tofu, Nugget*