

**DAYA TERIMA MODIFIKASI NUGGET BATAWOLI BERBASIS
BAHAN PANGAN LOKAL IKAN BANDENG (*CHANOS CHANOS*)
SEBAGAI ALTERNATIF KUDAPAN BALITA STUNTING**

ABSTRAK

Latar Belakang: Stunting merupakan gangguan pertumbuhan yang ditandai dengan panjang atau tinggi badannya di bawah standar. Salah satu pencegahannya yaitu dengan terpenuhinya asupan energi dan protein. Salah satu bahan makanan yang memiliki protein tinggi adalah ikan bandeng. Ikan bandeng dapat dimodifikasi menjadi beberapa kudapan seperti nugget. Modifikasi menggunakan ikan bandeng diharapkan dapat menjadi alternatif kudapan berbasis bahan pangan lokal di wilayah sidoarjo dengan sasaran balita stunting dengan kandungan tinggi protein. **Tujuan:** Untuk mengidentifikasi uji daya terima dan analisis zat gizi modifikasi nugget batakawoli (bandeng, tahu, wortel, dan brokoli) sebagai alternatif kudapan bagi balita stunting. **Metode:** Jenis penelitian *true experimental* dengan kelompok subjek yaitu kontrol dan kelompok perlakuan. Uji organoleptik pada formulasi nugget batakawoli (bandeng, tahu, wortel, dan brokoli) dengan perbandingan yang berbeda dalam setiap formulasi yaitu F0 (1:0:1:1), F1 (1:2:1:1), F2 (1:1:1:1), dan F3 (2:1:1:1). Teknik analisis data menggunakan Uji statistika Kruskal Wallis dan dilanjutkan dengan uji Mann Whitney. **Hasil Penelitian:** Uji organoleptik formula F0 yaitu 3,35 (agak suka), F1 yaitu 3,9 (agak suka), F2 3,46 (agak suka), dan F3 yaitu 3,52 (agak suka). **Kesimpulan:** Hasil uji yang paling disukai dari segi warna, aroma, tekstur dan rasa, yaitu produksi nugget Batakawoli (Bandeng, Tahu, Wortel, Brokoli) dengan perbandingan formulasi 1 yaitu F1 dengan substitusi Ikan bandeng(50 g):Tahu(100 g):Wortel(50 g):Brokoli(50 g)=1:2:1:1. Dengan KE sebesar 3,5 kkal/g (>1,5 kkal/g) dan PER sebesar 12,6% (10% - 16%). Sehingga dapat menjadi alternatif PMT lokal bagi balita stunting.

Kata Kunci : *Stunting, Nugget, Bandeng, Tahu, Wortel, Brokoli*

TEST OF ACCEPTANCE OF BATAWOLI-BASED NUGGET MODIFICATIONS LOCAL FOOD MATERIALS MILK FISH (CHANOS CHANOS) AS ALTERNATIVE SNACK FOR STUNTING TODDLERS

ABSTRACT

Background: Stunting is a growth disorder characterized by below-standard height or length. One of the preventive measures is ensuring an adequate intake of energy and protein. Milkfish is a food source known for its high protein content and can be modified into various snacks like nuggets. The modification using milkfish is expected to become an alternative locally-based snack in the Sidoarjo region, targeting stunted toddlers with high protein content. **Objective:** To identify the acceptance test and nutritional analysis of the modified batakoli nugget (milkfish, tofu, carrots, and broccoli) as an alternative snack for stunted toddlers. **Method:** This is a true experimental research with two groups of subjects, the control group, and the treatment group. Organoleptic tests were conducted on batakoli nugget formulations (milkfish, tofu, carrots, and broccoli) with different ratios in each formulation: F0 (1:0:1:1), F1 (1:2:1:1), F2 (1:1:1:1), and F3 (2:1:1:1). Data analysis was performed using the Kruskal-Wallis statistical test, followed by the Mann-Whitney test. **Research Results:** The organoleptic test results showed that the scores for formula F0 were 3.35 (somewhat liked), F1 was 3.9 (somewhat liked), F2 was 3.46 (somewhat liked), and F3 was 3.52 (somewhat liked). **Conclusion:** The most preferred test results in terms of color, aroma, texture, and taste were from the production of Batakoli nuggets (milkfish, tofu, carrots, and broccoli) with formulation ratio 1, which is F1 with the following substitution: Milkfish (50 g): Tofu (100 g): Carrots (50 g): Broccoli (50 g) = 1:2:1:1. It contained an Energy Content (KE) of 3.5 kcal/g (>1.5 kcal/g) and Protein Efficiency Ratio (PER) of 12.6% (10% - 16%). Thus, it can be considered as a local complementary feeding for stunted toddlers.

Keywords: *Stunting, Nuggets, Milkfish, Tofu, Carrots, Broccoli*