

UJI DAYA TERIMA DAN KADAR SERAT NUGGET AYAM DENGAN
PENAMBAHAN TEPUNG UBI JALAR UNGU DAN BIJI CHIA SEBAGAI
ALTERNATIF KUDAPAN UNTUK DIABETES MELITUS

ABSTRAK

Latar belakang Serat rendah kalori dan rendah indeks glikemik sehingga mampu menurunkan gula darah. Bahan makanan rendah IG dan tinggi serat yang berguna untuk penurunan gula darah pada penderita diabetes, yaitu tepung ubi ungu dan biji chia. Diabetes Melitus (DM) merupakan penyakit yang ditandai dengan peningkatan kadar gula darah. Pengaturan pola makan berperan penting dalam pengendalian glukosa, konsumsi karbohidrat kompleks dengan Indeks Glikemik (IG) rendah dan konsumsi makanan berserat tinggi, banyak penelitian menunjukkan asupan serat yang tinggi dapat menurunkan gula darah. **Tujuan** penelitian ini adalah mengetahui uji penerimaan dan serat nugget ayam menggunakan penambahan tepung ubi ungu dan biji chia selaku alternatif kudapan untuk diabetes melitus. **Metode** uji organoleptik berupa 1 bentuk kontrol dan 2 bentuk subperlakuan dengan perbandingan (Ayam:Tepung ubi jalar ungu:Biji chia) dengan formulasi FN0 (100g:0g:0g), FN1 (70g:25g:5g) dan FN2 (75g:15g:5g), pengujian sifat organoleptik disajikan kepada 25 panelis dengan skala hedonik dapat mengetahui hasil kesukaan dari warna, aroma, rasa dan tekstur, hitungan terpilih untuk uji organoleptik di uji kadar serat dengan menggunakan uji gravimetri melalui laboratorium. **Hasil** berdasarkan hasil uji organoleptik, nilai rata-rata nugget (kode FN0) adalah 4, nugget (kode FN1) 4,25 dan nugget (kode FN2) 3,75. Hasil pengujian kadar serat per 100 gram nugget (kode FN0) 5,67 gram dan nugget (kode FN1) 8,89 gram. **Kesimpulan** yang paling disukai panelis adalah formulasi (kode FN1) yang memiliki kandungan serat 8,89 gram pada 100g nugget ayam menggunakan akumulasi tepung ubi jalar ungu dan biji chia

Kata Kunci : Serat, Tepung ubi jalar ungu, Biji chia, Diabetes Melitus

TEST OF ACCEPTABILITY AND FIBER CONTENT OF CHICKEN NUGGETS
SUPPLEMENTED WITH PURPLE SWEET POTATO FLOUR AND CHIA SEEDS AS
AN ALTERNATIVE SNACK FOR DIABETES MELLITUS

ABSTRACT

Background Fiber is low in calories and low in the glycemic index, so it can lower blood sugar. Low-GI, high-fiber foods that are useful for lowering blood sugar in diabetics, namely purple sweet potato flour and chia seeds. Diabetes mellitus (DM) is a disease character characterized by elevated blood sugar levels. Dietary regulation plays an important role in controlling glucose, consuming low glycemic index (GI) complex carbohydrates and consuming high fiber. Many studies show that a high intake of fiber can lower blood sugar. **Purpose** This study will determine the intake and fiber of chicken nuggets supplemented with purple sweet potato flour and chia seeds as an alternative snack in the treatment of diabetes. **Method** Sensory tests consisted of one control form and two subtreatment forms in the ratio (chicken: purple sweet potato flour: chia seeds) with the compounds FN0 (100g:0g:0g), FN1 (70g:25g:5g) and FN2 (75 g. :15g) :5g), sensory properties The test was presented on a hedonic scale to 25 panelists to find out the most liked results in terms of color, aroma, taste and texture, the fiber content test with gravimetric test was chosen as the sensory. test in the laboratory. **Results** Sensory tests consisted of one control form and two subtreatment forms in the ratio (chicken: purple sweet potato flour: chia seeds) with the compounds FN0 (100g:0g:0g), FN1 (70g:25g:5g) and FN2 (75 g. :15g) :5g), sensory properties The test was presented on a hedonic scale to 25 panelists to find out the most liked results in terms of color, aroma, taste and texture, the fiber content test with gravimetric test was chosen as the sensory. test in the laboratory. **Conclusion** The panelists liked best the formulation (code FN1), which had 8.89 grams of fiber per 100 grams of chicken pieces, using purple sweet potato flour and chia seeds..

Keywords, *Fiber, Purple sweet potato flour, Chia seeds, Diabetes Mellitus*