

Intisari

Komposisi Gizi, Tingkat Kesukaan Konsumen dan Kemunduran Mutu Bakso Ikan Patin dengan Penambahan Modified Cassava Flour

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan tepung mocaf terhadap peningkatan gizi, preferensi konsumen, kalori dan kemunduran mutu bakso patin. Perlakuan yang dicobakan p_0 (perlakuan tanpa tepung mocaf), perlakuan p_1 (penggunaan tepung mocaf 5%), perlakuan p_2 (penggunaan tepung mocaf 10%), dan perlakuan p_3 (penggunaan tepung mocaf 15%). Penambahan tepung mocaf berpengaruh terhadap peningkatan gizi bakso patin dengan kadar air 57,83 – 61,97%, lemak 1,070– 2,131%, abu 0,84– 1,27%, protein kasar 10,51 – 15, 64 %, serat pangan total 0,71-3,5 %, dan karbohidrat 24,14 – 24,82%. Perlakuan p_3 memiliki nilai hedonik tertinggi dengan nilai warna 3,25, aroma 3,78, rasa 3,53, dan tekstur 4,08. Kalori yang dihasilkan dari perlakuan p_3 untuk takaran saji 6 pcs (90 g) sebesar 155 kkal meliputi 10 kkal dari 1 g lemak, 55 kkal dari 14 g protein, dan 90 kkal dari 22 g karbohidrat. Kemunduran mutu perlakuan p_3 hingga hari ke 16 yang disimpan pada suhu dingin (4°C) masih layak dengan nilai TVB-N 17,597 mg/100 gr sebesar dan TPC sebesar 4,26 log koloni/gr.

Kata kunci: tepung mocaf, patin, fortifikasi, bakso, gizi, mutu.

Abstract

Nutritional Composition, Preference Level And Quality Deterioration Of Patin Fish Meatballs By Addition Of Modified Cassava Flour

This study aims to determine the effect of adding mocaf flour on improving nutrition, consumer preferences, calories and deterioration in the quality of patin meatballs. The treatment tried p_0 (treatment without mocaf flour), treatment p_1 (use of 5 % mocaf flour), treatment p_2 (use of 10% mocaf flour), and treatment p_3 (use of 15% mocaf flour). The addition of mocaf flour affects the improvement of nutrition of patin meatballs with water content of 57,83 – 61,97%, fat 1,070 – 2,131%, ash 0,84 – 1,27%, crude protein 10,51 – 15,64%, total dietary fiber 0,71-3,5%, and carbohydrates 24,14 – 24,82%. The p_3 treatment had the highest hedonic value with a color value of 3.25, aroma 3.78, taste 3.53, and texture 4.08. Calories resulting from p_3 treatment for a serving of 6 pcs (90 g) of 155 kcal include 10 kcal from 1 g of fat, 55 kcal of 14 g of protein, and 90 kcal of 22 g of carbohydrates. The deterioration of the quality of p_3 treatment until day 16 stored at cold temperature (4°C) is still feasible with a TVB-N value of 17,597 mg/100 gr and TPC of 4,26 log colony /gr.

Keywords: mocaf flour, catfish, fortification, meatballs, nutrition, quality