

Intisari

Pengaruh Perbandingan Daging Patin dan Tepung Maizena terhadap Mutu Nuget

Tujuan dari penelitian ini untuk mengetahui pengaruh perbandingan daging patin dan tepung maizena terhadap komposisi gizi, preferensi konsumen, jumlah kalori, serta kemunduran mutu dari nugget patin. Perlakuan yang diujikan yaitu **m1** (penggunaan daging patin 100 gr tanpa tepung maizena), **m2** (penggunaan daging patin 95 gr dan tepung maizena 5 gr), **m3** (penggunaan daging patin 90 gr dan tepung maizena 10 gr), dan **m4** (penggunaan daging patin 85 gr dan tepung maizena 15 gr). Perbandingan daging patin dan tepung maizena memberikan pengaruh terhadap peningkatan gizi nugget patin dengan kadar air (45,36 – 46,47%), abu (1,97 – 2,45%), protein (12,24 – 14,09%), lemak (9,93 – 12,76%), dan karbohidrat (27,16 – 27,92%). Perlakuan **m3** paling disukai panelis dengan nilai rupa/warna (3,53), aroma (3,66), rasa (3,29), dan tekstur (3,29). Jumlah kalori dari perlakuan m3 untuk takaran saji 6 pcs (100 g) sebesar 255 kkal dengan rincian 95 kkal dari 16 gr lemak, 50 kkal dari 22 gr protein, serta 110 kkal dari 9 gr karbohidrat. Nugget patin dengan perlakuan m3 yang disimpan di suhu dingin (5°C) pada hari penyimpanan ke-12 masih layak untuk dikonsumsi dengan nilai TPC (4,59 log koloni/gr) dan TVB-N (17,48 mg/100 gr).

Kata kunci: daging patin, tepung maizena, nugget, mutu, kalori

Abstract

The Effect of the Ratio of Pangasius Flesh and Corn Flour on the Quality of Nuggets

The purpose of this research is to determine the effect of the ratio of patin fish and cornstarch on nutritional composition, consumer preferences, number of calories, and deterioration of the quality of patin nugget. The treatments tested were **m1** (use of 100 gr pangasius flesh without corn flour), **m2** (use of 95 gr of pangasius flesh and 5 gr of corn flour), **m3** (use of 90 gr of pangasius flesh and 10 gr of corn flour), and **m4** (use of 85 gr of pangasius flesh and 15 gr of corn flour). The use of various ratios of pangasius flesh and corn flour has an effect on increasing the nutrition of patin nugget with a water content (45.36 – 46.47%), ash content (1.97 – 2.45%), protein content (12.24 – 14.09%), fat content (9.93 – 12.76%), and carbohydrate content (27.16 – 27.92%). The **m3** treatment was most preferred with a color value (3.53), flavor (3.66), taste (3.29), and textures (3.29). The number of calories from the m3 treatment for a serving size of 6 pcs (100 g) is 255 kcal with details of 95 kcal from 16 gr of fat, 50 kcal from 22 gr of protein, and 110 kcal from 9 gr of carbohydrates. Patin nugget with m3 treatment stored at 5°C until the 12th day was classified as suitable for consumption with a TPC value (4.59 log colonies/gr) and TVB-N (17.48 mg/100 gr).

Keywords: pangasius flesh, corn flour, nugget, quality, calories