

Intisari

Analisis Gizi dan Sensoris Kaki Naga Berbahan Dasar Lele Dumbo Dengan Penambahan Semi Refined Karagenan Sebagai Sumber Serat Pangan

Penelitian ini bertujuan untuk mengkaji komposisi gizi dan mutu kaki naga berbahan dasar ikan lele dumbo yang diperkaya dengan tepung karagenan sebagai sumber serat pangan. Penelitian menggunakan Rancangan Acak Lengkap dengan 4 perlakuan yang diujikan yaitu **p1** (penambahan tepung karagenan sebanyak 2,5 gr), **p2** (penambahan tepung karagenan sebanyak 5%), **p3** (penambahan tepung karagenan sebanyak 7,5%) dan **p4** (penambahan tepung karagenan sebanyak 10%). Penambahan tepung karagenan memberikan pengaruh terhadap peningkatan gizi kaki naga lele dumbo dengan kadar air (65,13% - 68,28%), protein (11,72% - 13,25%), abu (2,5% - 10%), lemak (2,42% - 2,53%) dan serat pangan total (3,34% - 5,91%). Hasil pengujian menunjukkan penambahan tepung karagenan berpengaruh nyata terhadap penerimaan konsumen kaki naga. Kaki naga dengan penambahan tepung karagenan sebanyak 10% (p4) paling disukai panelis dengan rerata nilai atribut kenampakan (7,33), aroma (7,33), tekstur (6,33) dan rasa (7,00).

Kata kunci : kaki naga, lele dumbo, karagenan, serat pangan, mutu

Abstract

Nutritional and Sensory Analysis of Drumstick Made from African Catfish with the Addition of Semi Refined Carrageenan as a Source of Food Fiber

This study aims to examine the nutritional composition and quality of drumstick made from african catfish enriched with carrageenan flour as a source of dietary fiber. The study used a complete random design with 4 treatments tested, namely p1 (addition of carrageenan flour of 2.5 grams), p2 (addition of carrageenan flour of 5%), p3 (addition of carrageenan flour of 7.5%) and p4 (addition of carrageenan flour of 10%). The addition of carrageenan flour has an effect on improving the nutrition of african catfish drumstick with water content (65.13% - 68.28%), protein (11.72% - 13.25%), ash (2.5% - 10%), fat (2.42% - 2.53%) and total dietary fiber (3.34% - 5.91%). The test results showed that the addition of carrageenan flour had a real effect on consumer acceptance of drumstick. Drumstick with the addition of carrageenan flour as much as 10% (p4) were the most preferred by the panelists with the average values of appearance (7.33), aroma (7.33), texture (6.33) and taste (7.00).

Keywords: drumstick, african catfish, carrageenan, dietary fiber, quality