

INTISARI

KANDUNGAN GIZI DAN DAYA TERIMA NUGGET BERBAHAN DASAR KUPANG (*Musculita senhausia*, *Corbulafaba hinds*)

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Latar belakang : Indonesia sebagai negara kepulauan memiliki sumber daya laut yang melimpah dan berpotensi dikembangkan. Salah satunya adalah hewan laut sejenis kerang yang habitatnya di pantai Selat Madura - Jawa Timur dikenal dengan sebutan kupang. Kupang telah dimanfaatkan sebagai bahan pangan tradisional Jawa Timur, mengandung protein, mineral dan nutrisi lain yang tinggi sehingga pengembangan kupang dalam bentuk nugget diharapkan menjadi salah satu pangan alternatif.

Tujuan : Mengetahui kandungan gizi dan daya terima panelis terhadap nugget berbahan dasar kupang (*Musculitas senhausia*, *Corbulafaba hinds*) dengan beberapa variasi komposisi bahan dasar.

Metode : Jenis penelitian merupakan rancangan kuantitatif eksperimetral dengan metode Rancangan Acak Sederhana (RAS) terdiri atas lima perlakuan komposisi bahan dasar nugget: nugget A (Ikan 100%), nugget B (Ikan 50% : Kupang Merah 50%), nugget C (Kupang Merah 100%), nugget D (Ikan 50% : Kupang Putih 50%), dan nugget E (Kupang Putih 100%). Setelah itu nugget diuji kandungan gizinya dengan analisa proksimat dan daya terimanya kepada 88 anak sekolah dasar di Sidoarjo.

Hasil : Kandungan protein per 100 gram nugget A 11,9 gram; nugget B 11,4 gram; nugget C 9,895 gram; nugget D 9,55 gram; dan nugget E 8,275 gram ($p < 0,001$). Kandungan lemak per 100 gram nugget A 5,825 gram; nugget B 6,525 gram; nugget C 6,845 gram; nugget D 5,770 gram; dan nugget E 6,675 gram ($p < 0,001$). Sedangkan kandungan karbohidrat per 100 gram nugget A 27,285 gram; nugget B 30,065 gram; nugget C 30,710 gram; nugget D 31,135 gram; dan nugget E 28,360 gram ($p < 0,001$).

Rata-rata tingkat kesukaan panelis terhadap nugget A 3,25; nugget B 3,18; nugget C 3,18; nugget D 3,09; dan nugget E 2,95.

Kesimpulan : Uji statistik menunjukkan adanya perbedaan kandungan gizi dan daya terima anak sekolah dasar terhadap nugget berbahan dasar kupang (*Musculitas senhausia*, *Corbulafaba hinds*) dengan beberapa variasi komposisi bahan dasar.

Kata Kunci : Kandungan gizi, daya terima, nugget, kupang

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THE NUTRIENT CONTENT AND ACCEPTABILITY OF 'KUPANG' NUGGETS (*Musculita senhausia*, *Corbulafaba hinds*)

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ABSTRACT

Background : As an archipelago country Indonesia is blessed with ample sea resources of which potential is subject to unprecedented developments. One of the sea resources to be named is the cockle shell. It largely inhabits the shoreline waters in the Madura Strait. The natives often call it by the name "kupang". Kupang has long been utilized as one of East Java's traditional cuisine ingredients. Because kupang contain high protein, mineral, and other nutrition turning into nugget would be a possible alternative for food diversification.

Objective : To determine the nutrient content and acceptability of 'kupang' nugget (*Musculitas senhausia*, *Corbulafaba Hinds*) with the various ingredients composition.

Method : A simple random design included five kind of ingredients composition: nugget A (fish 100%), nugget B (fish 50% : red 'kupang' 50%), nugget C (red 'kupang' 100%), nugget D (fish 50% : white 'kupang' 50%), and nugget E (white 'kupang' 100%). After that, nugget's nutrient content and acceptability among 88 elementary school children was measured.

Result : Protein content per 100 grams of nugget A was 11,9 grams; nugget B was 11,4 grams; nugget C was 9,895 grams; nugget D was 9,55 grams; and nugget E was 8,275 grams ($p < 0,001$).

Fat content per 100 grams of nugget A 5,825 grams; nugget B 6,525 grams; nugget C 6,845 grams; nugget D 5,770 grams; and nugget E 6,675 grams ($p < 0,001$).

Carbohydrate content per 100 grams of nugget A 27,285 grams; nugget B 30,065 grams; nugget C 30,710 grams; nugget D 31,135 grams; and nugget E 28,360 grams ($p < 0,001$).

Mean acceptability of nugget A 3,25; nugget B 3,18; nugget C 3,18; nugget D 3,09; and nugget E 2,95.

Conclusion : Statistic analysis showed that there were differences in macronutrient content and acceptability of 'kupang' nugget (*Musculitas senhausia*, *Corbulafaba Hinds*) among elementary school children with the various ingredients composition.

Keywords : nutrient content, acceptability, nugget, kupang

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