ABSTRAK

ANI FITRIANI, 18S10259

PERBEDAAN KANDUNGAN PROTEIN, ZINK, DAN TINGKAT KESUKAAN BAKSO IKAN GABUS (*CHANNA STRIATA*) SEBAGAI MAKANAN SELINGAN BALITA

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Ikan gabus merupakan bahan pangan lokal yang tinggi protein dan zink. Bakso ikan gabus diharapkan mampu menjadi alternatif makanan selingan balita. Tujuan penelitian ini mengetahui perbedaan kandungan protein, zink, dan tingkat kesukaan bakso ikan gabus (*Channa Striata*) sebagai makanan selingan balita. Metode penelitian bersifat menggunakan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan dan 3 replikasi. Instrumen penelitian yaitu dengan uji kandungan protein metode kjeldahl, uji kandungan zink dengan metode titrimetri, dan tingkat kesukaan dengan uji kesukaan. Hasil penelitian didapat kadar protein pada bakso ikan gabus dan tepung tapioka P0 (8,44 g), P1 (6,6 g), P2 (5,78 g), P3 (5,26 g). Kadar mineral zink pada bakso ikan gabus dan tepung tapioka P0 (3,12 mg), P1 (2,22 mg), P2 (2,09 mg), P3 (1,50 mg). Tingkat kesukaan bakso ikan gabus dan tepung tapioka yang paling diminati terhadap warna P0 (3,4%), aroma P0 (3,1%), rasa P0 (3,2%), tekstur P0 (3,1%). Proporsi ikan gabus dan tepung tapioka memiliki perbedaan terhadap kandungan protein pada bakso dengan (p=0,000). Proporsi ikan gabus dan tepung tapioka memiliki perbedaan terhadap kandungan mineral zink pada bakso dengan (p=0,000). Ada perbedaan proporsi ikan gabus dan tepung tapioka terhadap tingkat kesukaan pada bakso. Bakso ikan gabus dan tepung tapioka dapat dijadikan makanan selingan untuk mencegah balita *stunting* dengan konsumsi bakso ikan gabus perlakuan yang paling diminati untuk zat gizi dan tingkat kesukaan (uji *De Garmo*) yaitu pada P0 sebanyak 3 buah dengan berat bakso ikan gabus 10 g untuk memenuhi zat gizi protein dan zink.

Kata Kunci: Bakso Ikan, Ikan Gabus, Tepung Tapioka, Protein, Zink

ABSTRACT

DIFFERENCES IN PROTEIN CONTENT, ZINK, AND ACCEPTANCE OF (CHANNA STRIATA) FISHBALLS AS A SNACK FOR TODDLERS

ANI FITRIANI, 18S10259

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Snakehead fish is a local food that is high in protein and zinc. Snakehead fishballs are expected to be an alternative snack for toddlers. The purpose of this study was to determine differences in protein, zinc, and acceptability of snakehead fishballs (Channa Striata) as a snack for toddlers. The research method is using a completely randomized design (CRD) with 4 treatments and 3 replications. The research instrument was the protein content test using the Kjeldahl method, the zinc content test using the titrimetric method, and acceptance using the preference test. The results showed that the protein content of snakehead fishballs and tapioca flour was P0 (8.44 g), P1 (6.6 g), P2 (5.78 g), P3 (5.26 g). Zinc mineral content in snakehead fishballs and tapioca flour was P0 (3.12 mg), P1 (2.22 mg), P2 (2.09 mg), P3 (1.50 mg). The acceptability of snakehead fishballs and tapioca flour were the most desirable for color P0 (3.4%), aroma P0 (3.1%), taste P0 (3.2%), texture P0 (3.1%). The proportions of snakehead fish and tapioca flour had differences in protein content in meatballs with (p=0.000). The proportions of snakehead fish and tapioca flour had differences in zinc mineral content in meatballs with (p=0.000). There is a difference in the proportion of snakehead fish and tapioca flour on the acceptability of fishballs. Snakehead fishballs and tapioca flour can be used as snacks to prevent stunting toddlers by consuming snakehead fishballs. The most desirable treatment for nutrients and acceptability (De Garmo test) is at P0 as many as 3 pieces with a weight of 10 g snakehead fishballs for meet protein and zinc nutrition.

Keywords: Fishballs, Snackhead Fish, Tapioca Flour, Protein, Zink