

Analisis Mutu Kimia dan Daya Terima Biskuit Ikan Haruan (*Channa Striata*) Sebagai Alternatif Makanan Selingan Penderita Hiperglikemia

Analysis of Chemical Quality and Acceptance of Haruan Fish (Biscuitschanna Striata) as Alternative Food Alternative for Hyperglycemic Patients

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Abstract

Haruan fish have high albumin content. Albumin functions as an antioxidant as an antidote to free radicals and can inhibit pancreatic tissue damage. Besides being used as an animal side dish, haruan fish can also be processed into biscuits. This study aims to determine the chemical quality and acceptability of biscuits with different proportions. This research is an experimental study with a completely randomized design with 4 formulations with a ratio of wheat flour and fish meal P0 (100%: 0%); P1(77%:23%); P2(76%:24%); P3(75%:25%). Macronutrient analysis data were analyzed by ANOVA and acceptability data was analyzed bytest Friedman. The results showed that the highest average carbohydrate content was in the P0 formulation (control), which was 54.16%, the highest protein content in the P3 formulation (75% haruan fish meal) was 18.81%, and the highest fat content was in the P3 formulation (75%). % haruan fish meal), which is 36.78%. Based on statistical tests, there were differences in the macronutrient content of biscuits ($p<0.05$). There are differences in the acceptability (color, aroma, taste and texture) of biscuits ($p<0.05$). Acceptance which consists of color, aroma, texture and taste have the highest values respectively 3.40 (P1), 3.20 (P1), 3.08 (P3), 3.52 (P1). The recommendation for biscuit products that can be used as an alternative for providing snacks for people with hyperglycemia is biscuits with a proportion of 77% wheat flour and 23% haruan fish meal.

Keyword: Biscuits, Haruan Fish, Hyperglycemia, Chemical Quality, and Acceptability