

Analisa Kandungan Zat Gizi Makro, Serat, Natrium, dan Kolesterol Pada Kue Khas Kalimantan Selatan

Analysis Of Macro Nutrient Content, Fiber, Sodium, And Cholesterol In Typical South Kalimantan Cake

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Abstract

South Kalimantan is one of the area that is rich in culinary. Traditional foods are food products from a traditionally made and the manufacturing process using simple equipments. The people of South Kalimantan have a habit of eating typical South Kalimantan cakes that are generally sweet, salty, and dining. These cakes when consumed in a continuous and excessive period will cause degenerative diseases such as hypertension, diabetes mellitus, heart disease, stroke, and obesity. This research aims to analyse the content of macro nutrients (carbohydrates, proteins, fats), fiber, sodium, and cholesterol in the typical cakes of South Kalimantan. The method used in this study is observational with a descriptive approach. Analysis of nutrient content of macro, fiber, sodium, and cholesterol using Nutrisurvey nutritional software. The results of the study of 33 kinds of cakes typical South Kalimantan in 100 grams of cake obtained the highest content of carbohydrates and fiber in Amparantatak 137.8 g carbohydrates and 7.1 g fiber. The highest protein and sodium content on the Ipau Basumap 21.7 g protein and 511 mg sodium. The highest fat content on Bingka Kentang 22.4 g. The highest content of cholesterol in Bingka Barandam 486.2 mg. Based on the category of energy contribution the snacks is good to consume if 10-20% of the total needs, the portion interlude food on average day for adults 243.75 kcal energy, carbohydrate 36.5 g, 9.1 g protein, fat 6.8 g, fiber 3 g, 200 mg sodium, and 30 mg cholesterol, so it is worth noting in consuming the daily interlude food to from degenerative diseases.

Keywords: Typical South Kalimantan Cakes, Macro Nutrient Content, Fiber, Sodium, Cholesterol