

# KOMPOSISI KIMIA DAN ORGANOLEPTIK FORMULA NUGGET BERBASIS TEPUNG TEMPE DAN TEPUNG RICEBRAN

*by* Sufiati Bintanah

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Sufiati Bintangah, Erma Handarsari

### Abstract

#### Abstrak

Di Indonesia terjadi perubahan pola penyakit dari infeksi dan kekurangan gizi ke degeneratif dan kanker akibat perubahan gaya hidup dan pola makan tinggi lemak dan rendah serat serta modernisasi pola hidup. Tempe kedelai merupakan bahan makanan yang dapat menurunkan trigliserida, kolesterol total, kolesterol LDL, serta meningkatkan kolesterol HDL. Bekatul juga merupakan bahan makanan yang dapat menurunkan kadar lemak darah karena mengandung *oryzanol*, *tokoferol*, dan asam felurat. Tujuan dari penelitian ini adalah untuk menyeleksi formula *nugget* berdasarkan karakteristik fisik, kimia dan organoleptik serta aktifitas antioksidan. Jenis penelitian ini adalah penelitian deskriptif dengan perlakuan formulasi tepung tempe dan tepung *ricebran* sebanyak 10 formula. Analisis komposisi kimia dilakukan terhadap bahan mentah dan *nugget* meliputi analisis protein (mikro kjedhl), lemak (soxhlet), air (oven), karbohidrat (*Luff Schoorl I*), penetapan kadar Vitamin E (Alfa-Tokoferol), analisa aktivitas anti bakteri metode difusi agar. Pengujian organoleptik menggunakan metode *scoring*. Hasil menunjukkan *nugget* dengan formula tepung tempe 50% dan tepung bekatul 50% (formula A7), mempunyai komposisi kimia terbaik yaitu protein 19,5g%, lemak 18,33g%, air 35,59%, abu 1,62%, serat kasar 9,57g%, Karbohidrat 25,41 g%, Vitamin E 148,92 µg/g, aktifitas antioksidan 197,1 µg/ml. Hasil pengujian organoleptik terhadap warna, rasa, aroma maupun tekstur yang paling disukai pada formula A7. Kesimpulan: Optimasi tepung tempe dan *rice bran* yang diterima berdasarkan sifat fisik, organoleptik dan analisa zat gizi adalah dengan perlakuan sangrai 20 menit. Formula *nugget* yang optimum A7 dengan perbandingan tepung tempe dan *rice bran* 50:50 g.

**Kata Kunci:** Komposisi Kimia, Organoleptik, Formula *Nugget*, Tepung Tempe, *Ricebran*

#### Abstract

*In Indonesia, there has been a changing disease pattern from infectious and food deficiency diseases to degenerative and cancerous diseases. Soy bean cake is a food which is capable of decreasing the level of triglyceride, total cholesterol, LDL cholesterol as well as rising HDL cholesterol. Ricebran is also food material which can reduce the blood fat level because of its oryzanol, tokoferol and felurat acid contents. This research aimed to select nugget formula based on its physical, chemical and organoleptic characteristics and its antioxidant activity. Research type is descriptive with formulation treatment of soy bean and ricebran flour that consisted of 10 formulas. The analysis of chemical composition was performed on raw materials and nugget comprising protein analysis (micro kjedhl), fat (soxhlet), water (oven), carbohydrate (luff schoorl 1), fixed rate of vitamin E level (alfa-tokoferol), analysis of anti bacterial activities using diffusion method of gelatine. Organoleptic test used scoring method. Research indicated that nugget using soy bean flour method that accounted for 50% and ricebran comprising 50% (formula A7) gained the highest chemical composition which made up 19.5g% protein, 18.33g% fat, 35.59% water, 1.62% ash, 9.57g% crude fiber, 25.41 g% carbohydrate, 148,92 µg/g vitamin E, 197,1 µg/ml antioxidant activity. Organoleptic test result indicated that it was in formula A7 which was the most favoured. Conclusion: soybean flour, which was optimally gained, was fried without oil for 20 minutes and rice bran optimally gained was fried without oil for 20 minutes. The optimal nugget formula was A7 with a ratio of soybean flour and rice bran 50:50 gr.*

**Keywords:** Chemical composition, Organoleptic, Nugget Formula, soy bean flour, soy bean cake, Ricebran

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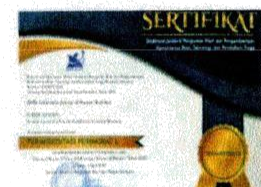
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