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PENGEMBANGAN PRODUK NUGGET AYAM DENGAN PENAMBAHAN DAUN PEPAYA JEPANG (*Cnidoscolus aconitifolius*) SEBAGAI ALTERNATIF MAKANAN SELINGAN BAGI REMAJA PUTRI ANEMIA

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xiii + 90 halaman + 31 tabel + 4 diagram + 11 gambar + 12 lampiran

ABSTRAK

Tujuan: Penelitian ini bertujuan untuk mengembangkan dan menentukan formula nugget ayam dengan penambahan daun pepaya jepang (*Cnidoscolus aconitifolius*) sebagai alternatif makanan selingan tinggi zat besi bagi remaja putri anemia.

Metode: Penelitian ini merupakan penelitian eksperimen penambahan daun pepaya jepang ke dalam pembuatan produk nugget ayam. Penelitian ini menggunakan metode rancangan acak lengkap (RAL) dengan 4 taraf perlakuan, 2 kali ulangan. Taraf perlakuan F0 formula standar (150 gr daging ayam + 0 ml daun pepaya jepang), F1 (150 gr daging ayam + 48 ml daun pepaya jepang), F2 (150 gr daging ayam + 96 ml daun pepaya jepang), dan F3 (150 gr daging aya + 150 ml daun pepaya jepang). Analisa data menggunakan aplikasi SPSS 25.0 uji *Kruskal Wallis* taraf 5% dan dilanjutkan dengan uji *Man Whitney*.

Hasil: Penelitian ini menunjukkan formula terbaik yaitu nugget ayam penambahan daun pepaya jepang taraf perlakuan F1 dengan penambahan daun pepaya jepang sebanyak 48 ml yang memiliki karakteristik warna hijau muda, aroma agak harum, rasa gurih, dan tekstur kompak. Berdasarkan hasil penelitian terhadap uji hedonik terdapat perbedaan nyata (*p-value* <0,05), namun tidak terdapat perbedaan nyata pada analisis zat gizi (*p-value* >0,05). Kandungan gizi F1 yaitu kadar air 48,82%, kadar abu 3,22%, kadar lemak 6,78%, kadar protein 19,75%, kadar karbohidrat 21,43%, dan kadar zat besi 23,59%.

Kesimpulan: Formula terbaik pada pengembangan produk nugget ayam dengan penambahan daun pepaya jepang yaitu pada taraf perlakuan F1 penambahan daun pepaya jepang sebanyak 48 ml.

Daftar Pustaka : 75 (1995-2022)

Kata Kunci : Anemia, makanan selingan, nugget ayam, pepaya jepang, remaja putri

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DEVELOPMENT OF CHICKEN NUGGET PRODUCTS WITH THE ADDITION OF JAPANESE PAPAYA LEAVES (Cnidoscolus aconitifolius) AS AN ALTERNATIVE SNACK FOR ANEMIC ADOLESCENT GIRL

xiii + 90 pages, 31 tables, 4 diagrams, 11 pictures 12 attachments

ABSTRACT

Objectives: This study aims to develop and determine a formula for chicken nuggets with the addition of Japanese papaya leaves (Cnidoscolus aconitifolius) as a high-iron alternative snack for anemic adolescent girl.

Method: This research is an experimental study of adding Japanese papaya leaves to the manufacture of chicken nuggets. This study used a completely randomized design (CRD) with 4 treatment levels, 2 replications. The first treatment F0 as standard formula (150 gr chicken meat + 0 ml Japanese papaya leaves), F1 (150 gr chicken meat + 48 ml Japanese papaya leaves), F2 (150 gr chicken meat + 96 ml Japanese papaya leaves), and F3 (150 gr aya meat + 150 ml Japanese papaya leaves). Data analyzed using SPSS 25.0, continued with Kruskal Wallis test at 5% level then continued with the Mann Whitney test.

Result: This study showed that the best formula was F1 (150 gr chicken meat + 48 ml Japanese papaya) with the characteristics of light green in color, slightly fragrant aroma, savory, and compact texture. Based on the hedonic test, there was a significant difference between the four formula (p-value <0.05), but based on the nutrient analysis result, there was no significant difference between the four formula (p-value> 0.05). The nutritional analysis result of F1 was 48.82% water, 3.22% ash, 6.78% fat, 19.75% protein, 21.43% carbohydrate, and 23.59% iron.

Conclusion: The best formula from the development of chicken nuggets with the addition of Japanese papaya leaves was F1 with the treatment of 48 ml addition of Japanese papaya leaves**.**

References : 75 (1995-2022)
Keywords : Anemia, chicken nuggets, japanese papaya, snack, teenage girl