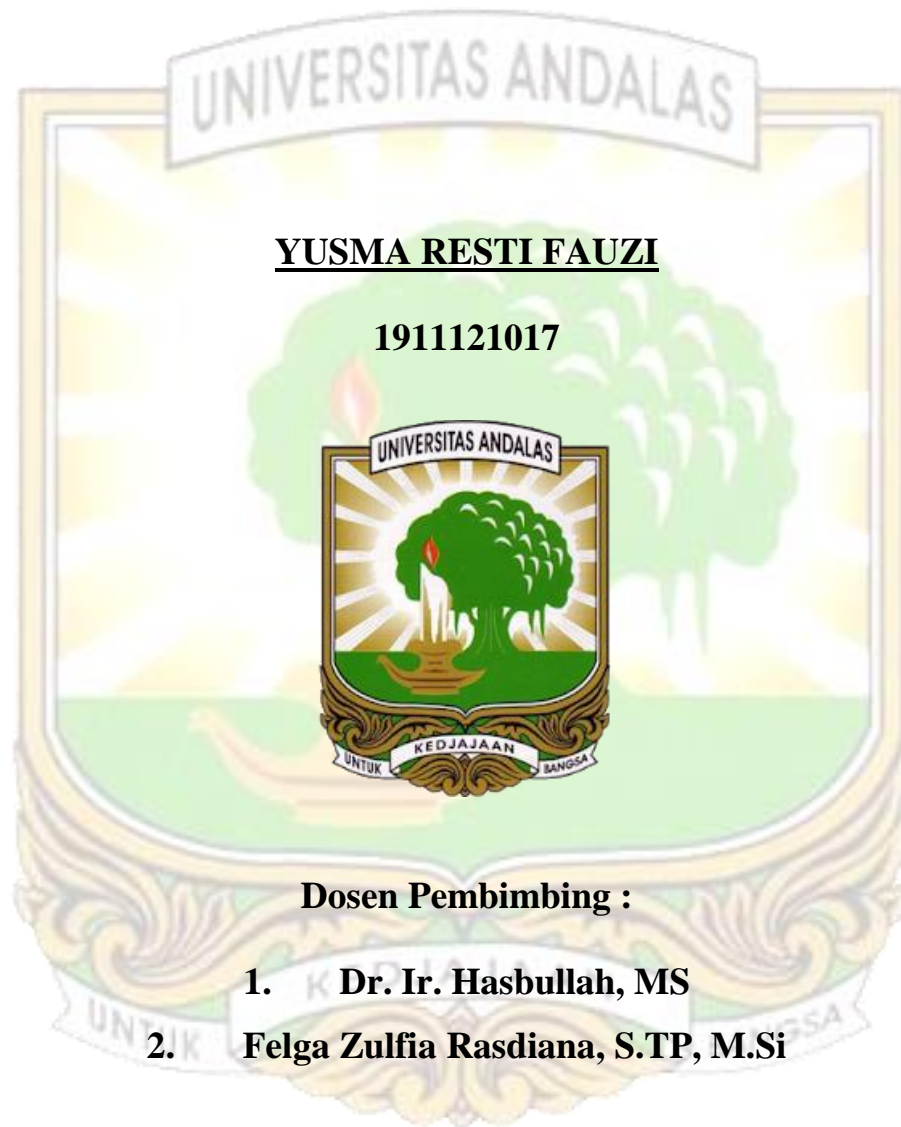


PENGARUH PENAMBAHAN BAYAM MERAH (*Amaranthus tricolor* L) TERHADAP KARAKTERISTIK NUGGET AYAM



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Pengaruh Penambahan Bayam Merah (*Amaranthus tricolor. L*) Terhadap Karakteristik *Nugget* Ayam

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan bayam merah (*Amaranthus tricolor. L*) terhadap karakteristik fisik, kimia dan organoleptik *nugget* ayam yang dihasilkan dan mengetahui formula terbaik penambahan bayam merah berdasarkan karakteristik fisikokimia dan organoleptik *nugget* ayam. Penelitian ini menggunakan metode Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 ulangan yaitu penambahan bubuk bayam merah dengan konsentrasi A (0%), B (5%), C (10%), D (15%), dan E (20%). Data yang diperoleh dalam penelitian ini dianalisis secara statistik menggunakan ANOVA kemudian dilanjutkan dengan analisis *Duncan's New Multiple Range Test (DNMRT)* pada taraf 5%. Hasil penelitian menunjukkan bahwa penambahan bubuk bayam merah terhadap karakteristik *nugget* ayam berpengaruh nyata terhadap nilai kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, kadar serat kasar, aktivitas antioksidan, kadar betasianin, daya serap minyak, kekerasan, warna dan organoleptik (kenampakan, aroma, rasa dan tekstur). Perlakuan terbaik berdasarkan kandungan gizi dan penerimaan organoleptik adalah produk C (penambahan bubuk bayam merah 10%) dengan nilai rata-rata : kadar air (56,47%), kadar abu (3,32%), kadar protein (11%), kadar lemak (5,9%), kadar karbohidrat (23,34%), kadar serat kasar (2,09%), aktivitas antioksidan (24,73%), kadar betasianin sebelum dilapisi telur dan tepung roti (9,50mg/100g), kadar betasianin setelah dilapisi telur dan tepung roti (5,82mg/100g). Sedangkan berdasarkan penerimaan organoleptik dihasilkan nilai sangat suka dengan nilai rata-rata : kenampakan (4,53), aroma (4,57), rasa (4,63), tekstur (4,53).

Kata kunci : bayam merah, *nugget* ayam, betasianin.

The Effect of Red Spinach (*Amaranthus tricolor*. L) Addition on the Characteristics of Chicken Nuggets

ABSTRACT

This research aims to determine the effect of adding red spinach (*Amaranthus tricolor*. L) to the physical, chemical and organoleptic characteristics of the resulting chicken nuggets and to find out the best formula for adding red spinach based on the physicochemical and organoleptic characteristics of chicken nuggets. This study used a completely randomized design (CRD) method with 5 treatments and 3 replications, namely the addition of red spinach pulp with concentrations A (0%), B (5%), C (10%), D (15%), and E (20%). The data obtained in this study were analyzed statistically using ANOVA and then continued with Duncan's New Multiple Range Test (DNMRT) analysis at the 5% level. The results showed that the addition of red spinach pulp to the characteristics of chicken nuggets had a very significant effect on the values of water content, ash content, protein content, fat content, carbohydrate content, crude fiber content, antioxidant activity, betacyanin content, oil absorption, hardness, color and organoleptic (appearance, aroma, taste and texture). The best treatment based on nutritional content and organoleptic acceptance is product C (addition of 10% red spinach pulp) with average values: water content (56.47%), ash content (3.32%), protein content (11%), fat content (5.9%), carbohydrate content (23.34%), crude fiber content (2.09%), antioxidant activity (24.73%), betacyanin content before coating egg and breadcrumbs (9.50mg/100g), betacyanin levels after being coated with eggs and breadcrumbs (5.82mg/100g). Meanwhile, based on organoleptic acceptance, the average value is: appearance (4.53), aroma (4.57), taste (4.63), texture (4.53).

Keywords : red spinach, chicken nuggets, betacyanin.