

# **Evaluation of Nutrition Content and Borax Identification on Meatball Traders at Andalas University (In Pauh-Limau Manis) Padang**

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## **ABSTRACT**

This research aimed to determine the nutritional value and content of borax in meatballs sold around the campus of Andalas University of Padang. This research was conducted through two stages; (1) Field Survey, (2) Evaluation of nutritional value and borax identification. Based on the survey, grilled meatball traders dominated by men with age >40 years and the production of meatball 3-7 kg/day during <5 years. While meatball soup traders are male or female who have a percentage of balanced with age <40 years with the last education average 25%, both elementary, junior high school, senior high school and college with the production of meatballs 3-7 kg/day during >10 years. Sanitation is good enough because the trader selling street side so that makes meatballs easily contaminated with microbes in the air around. Based on the research results, ash content obtained for grilled meatballs was 1,37-2,68% while for meatball soup was 1,59-2,46%, grilled meatball water content was 55,48-91,02% while for meatball soup water content was 54,67-76,47%, grilled meatball fat level was 1,23-2,31% while meatball soup fat level was 2,94-3,85%, grilled meatballs protein content was 2,52-7,69% while meatball soup protein content was 6,84-11,64%, grilled meatball has elasticity 149,0-224,5% while meatball soup was 200,0-255,5%, total plate number of meatball grilled  $1,7 \times 10^4$ - $8,9 \times 10^4$  colony/gr while meatball soup  $1,1 \times 10^5$  –  $8,6 \times 10^5$  colony/gr. All samples was analyzed not use borax on the manufacture of meatballs.

*Keywords* - nutrition value, identification, borax, meatball

# **Evaluasi Kandungan Gizi Dan Identifikasi Boraks Pada Bakso Yang Dijual Di Sekitar Kampus Universitas Andalas (Kecamatan Pauh-Limau Manis) Padang**

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## **ABSTRAK**

Penelitian ini bertujuan untuk mengetahui kandungan gizi dan boraks pada bakso yang dijual disekitar kampus Universitas Andalas Padang. Penelitian ini dilakukan melalui dua tahap; (1) Survei lapangan, (2) evaluasi nilai gizi dan identifikasi boraks. Berdasarkan survei, pedagang bakso bakar didominasi oleh laki-laki dengan umur >40 tahun serta dengan produksi bakso 3-7 kg per hari dengan lama berjualan <5 tahun. Sedangkan untuk pedagang bakso kuah pedagang laki-laki ataupun perempuan mempunyai persentase yang seimbang dengan umur <40 tahun dengan pendidikan terakhir rerata 25%, baik SD, SMP, SMA maupun Perguruan Tinggi dengan produksi bakso 3-7 kg per hari serta dengan lama berjualan >10 tahun. Sanitasi yang dilakukan sudah cukup baik hanya saat karena pedagang berjualan dipinggir jalan sehingga membuat bakso mudah terkontaminasi dengan mikroba yang ada di udara sekitar. Berdasarkan hasil penelitian, kadar abu yang diperoleh untuk bakso bakar 1,37-2,68% sedangkan untuk bakso kuah 1,59-2,46%, kadar air bakso bakar 55,48-91,02% sedangkan untuk bakso kuah kadar airnya 54,67%-76,47%, kadar lemak bakso bakar 1,23-2,31% untuk kadar lemak bakso kuah 2,94-3,85%, kadar protein bakso bakar 2,52-7,69% untuk kadar protein bakso kuah 6,84-11,64%, kekenyalan bakso kuah 149,0-224,5% untuk kekenyalan pada bakso kuah 200,0-255,5%, angka lempeng total bakso bakar  $1,7 \times 10^4 - 8,9 \times 10^4$  untuk bakso kuah  $1,1 \times 10^5 - 8,6 \times 10^5$  koloni/gr. Semua sampel yang telah dianalisa tidak menggunakan boraks pada pembuatan bakso.

*Kata kunci* – nilai gizi, identifikasi, boraks, bakso