

RINGKASAN

NOVITA SARI. Analisis Angka Kecukupan Gizi pada Produk Luti Gendang Ikan Tongkol (*Euthynnus* sp) di Tanjungpinang Dibimbing oleh JUMSURIZAL dan AIDIL FADLI ILHAMDY.

Luti Gendang merupakan salah satu jajanan tradisional yang banyak digemari masyarakat umum di daerah provinsi Kepulauan Riau, khususnya di kota Tanjungpinang. Tidak hanya anak-anak saja, bahkan remaja dan orang dewasa sangat menyukai produk Luti Gendang. Salah satu sumber bahan makanan yang kaya akan kandungan zat gizinya yaitu ikan. Ikan merupakan sumber protein yang bermutu tinggi. Protein pada ikan memiliki komposisi dan jumlah asam amino esensial yang lengkap. Kemudian untuk mengetahui tingkat kesukaan produk luti gendang ikan tongkol dilakukan uji hedonik, analisis kimia serta menghitung Angka Kecukupan Gizi (AKG). Metode penelitian ini menggunakan Rancangan Acak Lengkap (RAL) yang terdiri dari 3 sampel yaitu S1, S2 dan S3. Hasil pengujian hedonik menunjukkan bahwa pada perlakuan S2 lebih banyak diminati oleh panelis.

Uji Hedonik S1, Kenampakan (2,20), Aroma (2,10), Rasa (2,09), dan Tekstur (2,08). Uji Hedonik S2, Kenampakan (2,51), Aroma (2,38), Rasa (2,34), dan Tekstur (2,25). Uji Hedonik S3, Kenampakan (2,29), Aroma (2,16), Rasa (2,18), dan Tekstur (2,15). Hasil Uji Proksimat S1 kadar air (27,58%), kadar abu (0,89%), protein (9,25%), lemak (14,50%) dan karbohidrat (47,78%). Hasil Uji Proksimat S2 kadar air (29,47%), kadar abu (1,80%), protein (9,79%), lemak (12,56%) dan karbohidrat (47,10%). Hasil Uji Proksimat S3 kadar air (27,49%), kadar abu (1,03%), protein (7,86%), lemak (16,37%) dan karbohidrat (47,25%).

Kata kunci : Luti Gendang, Ikan Tongkol, Tanjungpinang

SUMMARY

NOVITA SARI. Analysis of Nutritional Adequacy Figures for Luti Gendang Fish (*Euthynnus* sp) Products in Tanjungpinang Supervised by JUMSURIZAL and AIDIL FADLI ILHAMDY.

Luti Gendang is a traditional snack that is popular with the general public in the Riau islands province, especially in the city of Tanjungpinang. Not only children, even teenagers and adults really like Luti Gendang products. One source of food that is rich in nutritional content is fish. Fish is a source of high quality protein. Protein in fish has a complete composition and amount of essential amino acids. Then, to determine the level of preference for the mackerel luti drum product, a hedonic test, chemical analysis and nutritional adequacy rate (AKG) Were carried out. This research method uses a Completely Randomized Design (CRD) Consisting of 3 samples, namely S1,S2, and S3. The results of the hedonic test show that in the S2 treatment the panelis are more interested in getting results.

Hedonic Test S1, Appearance (2.20), Aroma (2.10), Taste (2.09), and Texture (2.08). Hedonic Test S2, Appearance (2.51), Aroma (2.38), Taste (2.34), and Texture (2.25). Hedonic Test S3, Appearance (2.29), Aroma (2.16), Taste (2.18), and Texture (2.15). Proximate Analysis Result S1: moisture content (27.58%), ash content (0.89%), protein (9.25%), fat (14.50%), and carbohydrates (47.78%). Proximate Analysis Result S2: moisture content (29.47%), ash content (1.80%), protein (9.79%), fat (12.56%), and carbohydrates (47.10%). Proximate Analysis Result S3: moisture content (27.49%), ash content (1.03%), protein (7.86%), fat (16.37%), and carbohydrates (47.25%).

Keywords : Luti Gendang, Tuna Fish, Tanjungpinang