

STUDY ON MAKING MEATBALL WITH OYSTER MUSHROOM SUBSTITUTION AS AN ALTERNATIVE FOOD SOURCE OF FIBER

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ABSTRACT

The lack of consumption of dietary fiber will affect the digestive system and the onset of some degenerative diseases. Degenerative disease is one of the problems in Indonesia. A person who have the disease is caused by low consumption of fruits and vegetables and lack of physical activity. This study aims to develop fiber source food products in the form of meatball products with oyster mushroom substitution in the form of fresh ingredients using a Complete Randomized Design (RAL) 6 treatment formulations beef : oyster mushroom of P1 : 100% : 0%, P2 : 90% : 10%, P3 : 80% : 20%, P4 : 70% : 30%, P5 : 60% : 40%, P6 : 50% : 50% with 4 repeats. Based on the results of the meatball research with the proportion of 20% oyster mushrooms and 80% beef with the results of the chemical test the meatballs produced 7.60% protein content, 2.97% fat, 42.37% carbohydrates. The dietary fiber content test results yielded 4.21 grams. The results of the physical test yielded an elasticity of 96.1 to 84.84 kg with the result of determining the best treatment of 91.7 kg. The results of the hedonic and hedonic quality organoleptic tests by producing an average value of preference for the color category 7.43 with parameters (like), taste 7.38 (like), and aroma 7.1 (like) and texture 6.63 (like) from the measurement results. parameters obtained the best results in the P3 treatment with the formula 80% beef and 20% black mushroom. For one-time consumption, it is recommended to consume 1 serving in the serving composition of the oyster mushroom meatball product with an energy content of 20.1 kcal, 5.5 grams of protein, 3.2 grams of fat, 31.8 grams of carbohydrates and a dietary fiber content of 3, 70 grams. In a day, will be given 1 food source of fiber.

Keywords : Meatballs,oyster mushroom, serving size,organoleptic, dietary fiber