

**Kajian Proporsi Wortel Dalam Pembuatan Bakso Ikan Gabus (*Channa striata*) Sebagai Makanan Selingan Bagi Pasien Pasca Operasi (Study Of Carrots Proportion in the Making Cork Fish Meatball (*Channa striata*) As A Snack For Postoperative Patient)**

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***ABSTRACT***

*The protein content of cork fish is quite high compared to other fish which is 25,2 g/100 g fresh meat, while the albumin is 62,24 g/kg. The main role of albumin for the body is very important to the formation of new cell tissue in the wounds of post operative patients. One of the most popular food products is meatballs which are made in proportion to cork fish meat and carrot. This study aims to determine the content of nutrients especially albumin and vitamin A in cork fish meatballs with the proportion of carrots as an alternative food for post operative patients. The experimental design used was complete randomized design (crd) with 6 proportion treatment of cork fish meat P1=95%; P2=90%; P3=85%; P4=80%; P5=75%; P6=70% and in each treatment repeated 4. The results showed that the proportion of cork fish meat is increased albumin content in cork fish meatballs with the proportion of carrots that is between 3,25-4,44%. Organoleptic results have a significant effect on hedonic quality and hedonic of color, flavor, aroma and texture of cork fish meatballs. Vitamin A content in the best treatment of cork fish meatballs with the proportion of carrots (P3 = 85% cork fish meat and 15% carrots) which is 1623 µg. Giving cork fish meatballs with the proportion of carrots in a day under the terms of as a snack is 230 gram.*

**Keywords :** *Meatballs, Cork fish, Post operative patient, Carrots*