

***Study of Making Meatbals with Bamboo Shoot
Subtitution (Gigantochloa nigrociliata)
As a Functional Food Source Of Fiber***

Noval Elkahfi Halili

*Clinical Nutrition Study Program
Health Department*

ABSTRACT

Utilization of bamboo shoots as a source of fiber is still limited among the people and it tastes less good when consumed and one of the processed foods that can be used as a source of food is fiber meatballs. This study aims to analyze the quality of meatballs with bamboo shoot substitution as a functional food source of fiber. The design used was completely randomized design (RBD) with 6 treatment formulations namely 75%: 25%, 71%: 29%, 69%: 31%, 66%: 34%, 64%: 36%, 61%: 39% and repeated 4 times. The results showed the lower the percentage of beef and the higher the percentage of bamboo shoots, the higher the content of fiber. P3 treatment with 69% beef formulation + 31% bamboo shoots is the best treatment with 2.83 gram / 100g fiber content, 186 kcal energy, 20.52 gram carbohydrate, 10.30 gram protein, 6.92 gram fat, ash content 1,15%, 61.09% moisture content. Meatballs for 1 meal a day with a serving size of 115 grams at each meal. The nutritional value of meatballs in each serving is 215 Kcal energy, 23.59 grams of carbohydrates, 11.84 grams of protein, 7.95 grams of fat.

Keywords: Fiber, Meatballs, Bamboo Shoots, Beefh