

*Oyster Mushroom Nugget (Pleurotus ostreatus) with Keluwih Flour Substitution
(Artocarpus camansi) as a High Fiber Functional Food*

Siti Sofiya

*Clinical Nutrition Study Program
Department of Health*

ABSTRACT

Increased functional food is now needed to improve food consumption patterns, meet the needs of fiber, and prevent the risk of degenerative diseases. This research aimed to know the characteristics oyster mushroom nugget with substitution keluwih flour as a high-fiber functional food. The experimental design used was a Completely Randomized Design (CRD) with 6 treatments consist of oyster mushroom nugget with substitution keluwih flour ratio that was 75% : 25%, 70% : 30%, 65% : 35%, 60% : 40%, 55% : 45%, 50% : 50% every treatment repeated 4 times. Based on this research, 50% oyster mushrooms and 50% keluwih flour showed the best nugget product from organoleptic test results including hedonic test and hedonic quality test with average fondness toward colour rather like / tend light / tend dark brown, taste rather like / tend tasty, smell rather like / tend smell nice, and texture rather like / tend to crunchy / tend to be solid. Nugget chemical test result with best treatment had food fiber level 6,96%, energy 465,93 kcal, protein 17,01%, lipid 19,05%, water content 6,19%, and ash content 1,13% the result was appropriate with Indonesian National Standart (SNI) quality requirement. But for carbohydrates has an amount of 56.61% higher than the quality requirements of the Indonesian National Standart (SNI). For each consumption needed 3 pieces of nugget with nutritional content consit of energy 279,5 kcal, lipid 11,4 gram, protein 10,2 gram, carbohydrate 33,9 gram and food fiber 4,17 gram.

Keywords: Nugget, Oyster Mushroom, Keluwih Flour, Fiber