

*Catfish Nugget with Hyacinth Bean (*Lablab purpureus* (L.) Sweet) as Fiber Source Functional Food*

**Widyandita Agustine**  
Program Studi Gizi Klinik  
Jurusan Kesehatan

**ABSTRACT**

*The role of functional food was needed to improve food consumption, fulfill fiber requirement and prevent degenerative disease risk. This research aimed to find out catfish nugget with hyacinth bean characteristic that can be use as fiber source fungctional food. Randomized Block Design used for this research with 6 treatments consist of catfish flesh and hyacinth bean ratio that was 80%: 20%, 76%:24%, 72%:28%, 68%:32%, 64%:36%, 60%:40% every treatment repeated 4 times. Based on this research, 76% catfish flesh with 24% hyacinth bean showed the best nugget product from hedonic test and desriptional test result with average fondness toward colour like/tend light/tend light gray, smell like/tend, a bit unpleasant, taste like/tend very tasteful, texture like/tends to crunchy/ tends to chewy. Nugget chemical test result with best treatment had food fiber level 1,91%, energy 337 kcal, protein 14,89%, lipid 19,85%, carbohydrate 24,68%, water content 39,04% and ash content 1,53%, the result was appropriate with Indonesian Standart Quality requirement. For each consumption needed 3 pieces of nugget with nutritional content consist of energy 202,2 kcal, lipid 11,9 grams, protein 8,9 grams, carbohydrate 14,8 grams and food fiber 1,14 grams.*

*Keywords : Nugget, Catfish, Hyacinth Bean, Fiber*