

Pembuatan Bakso Dari Daging Tiruan Dengan Penambahan Rumput Laut *Eucheuma cottonii* Sebagai Alternatif Makanan Tinggi Serat Bagi Penderita Hiperkolesterolemia. (*The Making of Meatballs from Meat imitation with Addition of Seaweed Eucheuma cottonii as an Alternative Foods High Fibers for Hypercholesterolemia Sufferer*)

Lailatul Yopie Agustin
Clinical Nutrition Program
Department Of Health

ABSTRACT

Hypercholesterolemia sufferer needs high fiber foods to help controlling blood cholesterol. One of the most favourite food product consumed by society is meatballs. The making of meatballs will be combined with meat imitation and seaweed eucheuma cottonii. Seaweed eucheuma cottonii contains high fiber so that the making meatballs from meat imitation with addition seaweed eucheuma cottonii is expected to be nutritious food. This research is purposed to find out the amount of nutrient especially fiber in meatballs from meat imitation with addition seaweed eucheuma cottonii as an alternative foods high fiber for hypercholesterolemia sufferer. The design of experiment is Completely Randomized Design. The determination of formulation in this research is by addition seaweed eucheuma cottonii into meat imitation with P1=0% ; P2=5% ; P3=10% ; P4=15% ; P5=20% ; P6=25% ; P7=30% and in each treatment would be repeated four times. The result shows that every addition of significant amount seaweed eucheuma cottonii indicating the increasing of fiber in meatballs which made from meat imitation. Hedonic quality adjustment, which was resulted from the experiment, has significant impact towards aroma, taste and texture, and didn't affect the color of meatballs. The best treatment is found within P4 treatment with formulation of seaweed eucheuma cottonii addition until 15% because it has the composition or nutrient and hedonic quality which fulfill the defined goals.

Keywords : *Meatbalss, Imitation meat, and Seaweed Eucheuma cottonii*