

Studi Pembuatan Nugget dengan Penambahan Tepung Daun Kelor (*Moringa oleifera*) sebagai Makanan Alternatif Tinggi Zat Besi (Study of the Manufacture Nuggets with the Addition of Drumstick Leaves Flour (*Moringa oleifera*) As High Iron Alternative Food)

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ABSTRACT

Iron is one of the important minerals that relatively small in the body, 40-50 mg/kg in adult men and 35-50 mg/kg in adult women. One of the food products that are popular among the society namely nugget which later in the composition of the manufacturing will be added with drumstick leaves flour, because drumstick leaves flour have a high iron content that is expected to be food that can fulfill the needs of iron of each individual. This research aims to know the contents of nutrients especially iron on nugget with the addition of drumstick leaves flour as high iron alternative food. This research used Complete Random Design (RAL). Determination of the formulation in this research is done with the addition of drumstick leaves flour to chicken meat is A1= 0%; A2= 2,5%; A3= 5%; A4= 7,5%; A5= 10%; A6= 12,5%; A7= 15% and at each treatment was repeated four times. The research results showed that each addition of drumstick leaves flour, there has been increasing iron content on nugget with the addition of drumstick leaves flour significantly. The organoleptic results have real impact of color, texture, aroma and flavor on nugget. The best treatment is on A2 treatment with the formulation of 2,5% addition of drumstick leaves flour because it has the composition or nutrient content of iron and organoleptic test that already fulfill the aims that have been set.

Keywords : Drumstick leaves flour, Nugget