

ABSTRACT

TEMPEH NUGGET WITH RED BEAN FLOUR SUBSTITUTION AS IRON RICH FOOD

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Tempeh is a typical Indonesian food made from fermented soybeans with the fungus *Rhizopus oligosporus*. Tempeh has a short shelf life and thus require further processing to extend shelf life. Often Circulated nuggets in the market are nuggets with raw ingredient meat or fish, while tempeh as raw materials rarely found in the market. Red beans are a good source of complex carbohydrates, protein, B vitamins, calcium, phosphorus and iron. One way is with the utilization process into flour. The purpose of this study is to analyze the effect of red bean flour substitution against tempeh nuggets as food rich in iron.

This research was the field of food production. The method used was the experimental method with a completely randomized design (CRD) of the factors with 5 treatment groups, 4 experimental groups and one control group. The statistical analysis was using one way ANOVA posthoc Followed by Tukey test with 95% confidence level. Red bean flour substitution towards tempeh nuggets no significant effect on the levels of proximate and texture hedonic quality test with p values > 0.05. However, a significant effect and significant difference to the overall hedonic test and hedonic quality of color, aroma, taste and iron levels with p value of > 0.05. The conclusion of this study is a red bean flour substitution Significantly Affect the level of preference, hedonic quality and of iron levels. However, no significant effect on quality texture and proximate levels.

Keywords: Iron, Nugget, Proximate Test, Red Bean Flour , Tempeh

UNDERGRADUATE THESIS

With this state that the Undergraduate Thesis entitle :

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FOOD**

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Has been carefully and considered scientific meet the standars, either the scope or quality on
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