

## ABSTRAK

Pemanfaatan Okara dan Kacang Gude (*Cajanus Cajan* (L) Millsp.) untuk Meningkatkan Kandungan Zat Gizi Makro dan Serat Pada *Patties*. Rumusan masalah dalam penelitian ini adalah apakah formulasi okara dan kacang gude (*Cajanus Cajan* (L) Millsp.) dapat dimanfaatkan dalam pembuatan *patties* nabati, bagaimana formulasi yang menghasilkan kadar proksimat dan serat tertinggi, serta berapakah pemenuhan AKG dari produk *patties* nabati yang dihasilkan. Penelitian ini menggunakan RAL dengan 5 perlakuan dan 5 ulangan. Data dianalisis secara statistik menggunakan analysis of variance (ANOVA) dan dilanjutkan dengan uji duncan.

Hasil analisis penambahan okara dan kacang gude pada pembuatan *patties* nabati berpengaruh nyata terhadap kadar proksimat dan serat kasar. Perlakuan terbaik adalah rasio okara 40 g : kacang gude 40 g (O4G4) yang memiliki kadar air 6,301%, kadar abu 8,568%, kadar lemak 0,798%, kadar protein 7,045%, kadar karbohidrat 2,662% dan kadar serat 3,160%. Perlakuan ini memenuhi zat gizi makro dan serat pada AKG usia 19-29 tahun laki-laki yaitu energi 1,81%, protein 10,8%, lemak 1,3%, karbohidrat 0,62% dan serat 8,6%. Serta pada perempuan, energi 2,13%, protein 11,7%, lemak 1,5%, karbohidrat 0,75% dan serat 10%.

Simpulan dari penelitian ini formula okara dan kacang gude dapat digunakan dalam pembuatan *patties* nabati dan berpengaruh nyata terhadap kadar proksimat dan serat kasar. Formula O4G4 berkontribusi terhadap AKG usia 19-29 tahun. Pembuatan *patties* nabati, disarankan menggunakan formula O4G4 dan dapat dilakukan uji zat gizi mikro pada penelitian selanjutnya.

*Kata kunci: okara, kacang gude, patties, proksimat, serat kasar.*

## ABSTRACT

The utilization of Okara and Gude Pea (*Cajanus Cajan* (L) Millsp.) to enhance the content of macro-nutrients and fiber in patties. The aim of this research was to determine the formulation of okara and pigeon pea (*Cajanus Cajan* (L) Millsp.) and can be utilized to prepare plant-based patties, to determine formulation to produces with enhance proximate and fiber content, and to determine the fulfillment of Adequate Nutrient Intake (ANI) of the plant-based patties. This design of the study was randomized complete design with 5 treatments and 5 replications. Data were analyzed statistically with analysis of variance (ANOVA) and followed by Duncan's test.

The result was of the addition of okara and pigeon pea significantly affects the proximate and crude fiber content of the patties. The best formulation was the ratio of okara 40 g : pigeon pea 40 g (O4G4) which had 6,301% moisture content, 8,568% ash content, 0,798% fat content, 7,045% protein content, 2,662% carbohydrate content, and 3,160% fiber content. This formulation meet the requirement of macro-nutrients and fiber ANI of 19-29-year-old males with 1,81% energy, 10,8% protein, 1,3% fat, 0,62% carbohydrate, and 8,6% fiber. As well as for females, 2,13% energy, 11,7% protein, 1,5% fat, 0,75% carbohydrate and 10% fiber.

The conclusion of this study was that the formulation of okara and pigeon pea can be used in the making of plant-based patties and significantly affects the proximate and crude fiber content. Formula O4G4 contributes to the ANI of 19-29-year-olds. Hence, suggesting that formula O4G4 can be used to for make plant-based patties and further research can be done to examine the micro-nutrient content.

*Keywords: okara, pigeon pea, plant-based patties, proximate, crude fiber.*