

ABSTRAK

Analisis Zat Gizi Dan Keamanan Pangan Jajanan Sempol Di Dalung Kuta Utara Badung

Sempol merupakan salah satu produk olahan daging yang banyak diminati oleh masyarakat. Kegemaran masyarakat mengkonsumsi makanan ringan membuka peluang usaha bagi banyak pedagang. Para penjual jajanan sempol memilih menjajakan barang dagangannya di pinggir jalan, karena lebih praktis dan mudah terjangkau. Penelitian ini bertujuan untuk mengetahui kandungan zat gizi sempol dan keamanan pangan yang berada di Dalung Kuta Utara Badung. Penelitian ini dilakukan secara observasional dan menggunakan metode *checklist*. Hasil analisis jajanan sempol yang berada di Dalung Kuta Utara Badung kandungan zat gizi memberikan pengaruh nyata ($<0,05$) terhadap kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat dan kadar serat kasar. Kandungan nilai zat gizi tertinggi pada jajanan sempol yang ada di Dalung Kuta Utara Badung diantaranya kadar air 53,44% terdapat pada sampel S2, kadar abu 3,27% pada sampel S5, lemak 15,01% terdapat pada S7, protein 18,16% pada sampel S3, karbohidrat 43,54% terdapat pada sampel S4 dan serat 3,1% pada sampel S8. Simpulan dari penelitian ini penggunaan masker dan sarung tangan bagi pedagang makanan jajanan sempol sangat penting dalam mengolah makanan agar tidak terjadinya kontaminasi bakteri pada jajanan sempol, seperti pada pengolahan tidak memperhatikan tempat dan alat yang kurang di cuci bersih dan kualitas bahan baku pada proses pemilihan daging ayam.

Kata Kunci: Sempol, kandungan zat gizi, serat kasar, higiene dan sanitasi

ABSTRACT

Nutritional Analysis And Food Safety Of Sempol Snacks In Dalung Kuta Utara Badung

Sempol is one of the processed meat products that are in great demand by the public. The public's penchant for snacks opens up business opportunities for many traders. The sellers of *sempol* snacks choose to sell their merchandise on the roadside, because it is more practical and easily accessible. This study aims to determine the nutritional content of *sempol* and food safety in Dalung, North Kuta, Badung. This study was conducted observational and using the checklist method. The results of the analysis of *sempol* snacks in Dalung Kuta Utara Badung nutrient content gave a significant effect (<0.05) on water content, ash content, fat content, protein content, carbohydrate content and crude fiber content. The content of the highest nutritional values in *sempol* snacks in Dalung Kuta Utara Badung included water content of 53.44% in sample S2, ash content of 3.27% in sample S5, fat 15.01% in sample S7, protein 18.16% in sample S3, carbohydrates 43.54% in sample S4 and fiber 3.1% in sample S8. The conclusion of this study is that the use of masks and gloves for food vendors of *sempol* snacks is very important in processing food to prevent bacterial contamination of *sempol* snacks, such as in processing not paying attention to places and tools that are not washed clean and the quality of raw materials in the process of selecting chicken meat.

Keywords: Sempol, Nutrient content, crude fiber, hygiene and sanitation