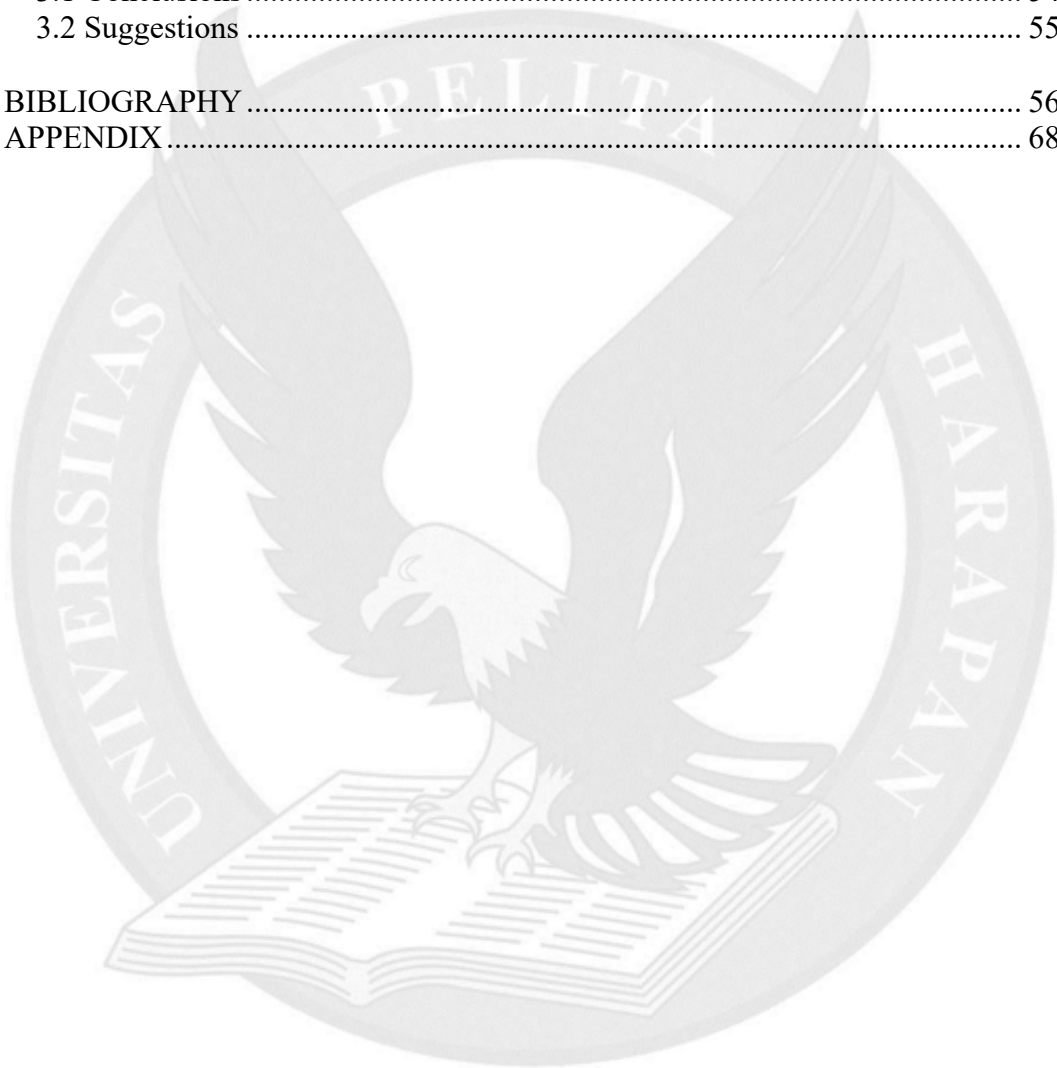


TABLE OF CONTENTS

	Page
COVER	
FINAL ASSIGNMENT STATEMENT AND UPLOAD AGREEMENT	
APPROVAL BY THESIS SUPERVISOR	
APPROVAL BY THESIS EXAMINATION COMMITTEE	
ABSTRACT	v
ACKNOWLEDGEMENTS	vi
TABLE OF CONTENTS	viii
LIST OF FIGURE	xi
LIST OF TABLES	xii
LIST OF APPENDIX	xiii
CHAPTER I INTRODUCTION	
1.1 Background	1
1.2 Research Problem.....	3
1.3 Objectives.....	3
1.3.1 General Objective	3
1.3.2 Specific Objectives	4
CHAPTER II LITERATURE REVIEW AND DISCUSSION	
2.1 Literature Review	5
2.1.1 Nugget.....	5
2.1.2 Ingredients in Nugget Production.....	6
2.1.2.1 Meat.....	6
2.1.2.1.1 Chicken.....	6
2.1.2.1.2 Fish	7
2.1.2.1.3 Other Meat.....	8
2.1.2.2 Ice Water	8
2.1.2.3 Filler	9
2.1.2.3.1 Wheat Flour	10
2.1.2.3.2 Corn Flour and Starch	10
2.1.2.3.3 Suweg Flour	11
2.1.2.3.4 Durian Seed Starch	12
2.1.2.3.5 Tapioca Flour	12
2.1.2.3.6 Wikau Maombo Flour	13
2.1.2.3.7 Gembili Flour	13
2.1.2.3.8 <i>Eucheuma cottonii</i>	14
2.1.2.4 Binder	14
2.1.2.5 Ingredients of Batter.....	15
2.1.3 Production Process of Nugget	16
2.1.4 Physicochemical Characteristics	17
2.1.5 Organoleptic Attributes	18
2.1.6 Fiber.....	19

2.1.6.1	Foods as a Source of Dietary Fiber	20
2.1.6.1.1	<i>Moringa oleifera</i> Flower	21
2.1.6.1.2	Chia	22
2.1.6.1.3	Dragon Fruit Peel	22
2.1.6.1.4	Green Pea	23
2.1.6.1.5	Wheat Bran	24
2.1.6.1.6	Pea Hull	25
2.1.6.1.7	Soybean Hull	25
2.1.6.1.8	Pomegranate Seed	26
2.1.6.1.9	White Oyster Mushroom	26
2.1.6.2	Preparation of, and Effect of Processing on, Dietary Fiber ...	27
2.2	Discussion	28
2.2.1	Fiber	28
2.2.1.1	Effect of Addition of High Fiber Foods on Physical Characteristics of Chicken Nugget.....	29
2.2.1.1.1	Hardness	29
2.2.1.2	Effect of Addition of High Fiber Foods on Chemical Composition of Chicken Nugget.....	31
2.2.1.2.1	Moisture Content	32
2.2.1.2.2	Fat Content	34
2.2.1.2.3	Dietary Fiber Content	35
2.2.1.3	Effect of Addition of High Fiber Foods on Organoleptic Properties of Chicken Nugget	36
2.2.1.3.1	Flavor.....	38
2.2.1.3.2	Texture.....	39
2.2.2	Filler.....	41
2.2.2.1	Chicken Nugget.....	41
2.2.2.1.1	Effect of Fillers on Physical Characteristics of Chicken Nugget.....	41
2.2.2.1.1.1	Tenderness.....	41
2.2.2.1.2	Effect of Fillers on Chemical Composition of Chicken Nugget.....	42
2.2.2.1.2.1	Moisture Content.....	42
2.2.2.1.2.2	Fat Content	43
2.2.2.1.3	Effect of Fillers on Organoleptic Properties of Chicken Nugget.....	44
2.2.2.1.3.1	Texture	44
2.2.2.1.3.2	Taste	45
2.2.2.1.3.3	Aroma.....	46
2.2.2.2	Fish Nugget	47
2.2.2.2.1	Effect of Fillers on Physical Characteristics of Fish Nugget	47
2.2.2.2.1.1	Hardness	47
2.2.2.2.2	Effect of Fillers on Chemical Composition of Fish Nugget	47
2.2.2.2.2.1	Moisture Content.....	48

2.2.2.2.2 Fat Content	48
2.2.2.2.3 Effect of Fillers on Organoleptic Properties of Fish Nugget	49
2.2.2.2.3.1 Texture	50
2.2.2.2.3.2 Taste	51
2.2.2.2.3.3 Aroma.....	52
 CHAPTER III CONCLUSIONS AND SUGGESTIONS	
3.1 Conclusions	54
3.2 Suggestions	55
 BIBLIOGRAPHY	56
APPENDIX	68



LIST OF FIGURE

	Page
Figure 2.1 Production process of nugget.....	17



LIST OF TABLES

	Page
Table 2.1 Quality parameter of chicken nugget.....	5
Table 2.2 Quality parameter of fish nugget	6
Table 2.3 Nutrient content of chicken breast (100g).....	7
Table 2.4 Nutrient content of <i>Moringa oleifera</i> flower (100 g).....	21
Table 2.5 Nutrient content of chia flour (100 g)	22
Table 2.6 Nutrient content of dragon fruit peel (100 g).....	23
Table 2.7 Nutrient content of peas (100 g)	24
Table 2.8 Nutrient content wheat bran (100 g)	24
Table 2.9 Nutrient content of pea hull flour (100 g).....	25
Table 2.10 Nutrient content of soybean hull (100 g)	26
Table 2.11 Nutrient content of pomegranate seed powder (100 g).....	26
Table 2.12 Nutrient content of fresh oyster mushroom (100 g).....	27
Table 2.13 Chemical composition of high fiber foods.....	28
Table 2.14 Hardness of chicken nuggets with the addition of high fiber foods (extract)	29
Table 2.15 Hardness of chicken nuggets with the addition of high fiber foods (flour)	30
Table 2.16 Hardness of chicken nuggets with the addition of green peas	31
Table 2.17 Chemical composition of chicken nuggets with the addition of high fiber foods (extract).....	31
Table 2.18 Chemical composition of chicken nuggets with the addition of high fiber foods (flour).....	32
Table 2.19 Chemical composition of chicken nuggets with the addition of green peas.....	32
Table 2.20 Organoleptic properties of chicken nuggets with the addition of high fiber food (extract)	36
Table 2.21 Organoleptic properties of chicken nuggets with the addition of high fiber food (flour)	37
Table 2.22 Organoleptic properties of chicken nuggets with the addition of high fiber food (raw material)	37
Table 2.23 Chemical composition of fillers.....	41
Table 2.24 Tenderness of chicken nuggets with the increase in suweg flour concentration	41
Table 2.25 Chemical composition of chicken nuggets with the addition of different fillers.....	42
Table 2.26 Organoleptic properties of chicken nuggets with different fillers	44
Table 2.27 Hardness of fish nuggets with wheat flour and gembili flour.....	47
Table 2.28 Chemical composition of fish nuggets with different fillers.....	48
Table 2.29 Organoleptic properties of fish nuggets with different fillers.....	50

LIST OF APPENDIX

	Page
Appendix A. Literature Review Requirements.....	A-1

