



Nutrient Content and Shelf Life of Best Fortified 'Enbal' From Kei Islands Added with Fish Meal and Sweet Potato Leaf Flour

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Abstract : *Enbal* formulation was made using fortified fish of several species at different concentration and obtained the best formulation at the treatment of 15% mackerel scad, *Decapterus spp.* Flour. This study was aimed at knowing the nutrient composition and the self life of the best fortified enbal product obtained from the best treatment of 15% fish flour and 5% cassava flour. The study utilized experimental/descriptive method and nutrient composition used standard method. The fortified enbal product composition consisted of 15% fish meal, 5% sweet potato leaf flour, and 80% enbal flour. The analysis found the moisture content of 12.3%, protein of 16.69%, fat of 1.09%, vitamin A of 0.28%, and carbohydrates of 10.73 %, respectively. The best self life was 36 days based on Total Plate Count value. Thus, the fortified enbal product could be developed to be an instant functional food product and emergency food product.

Keywords : Diversification, protein, fat, vitamin, carbohydrate

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