

NEW PRODUCT OVERVIEW

4.1 NUTRITION FACT

Calories	290 kkal
Carbohydrates	39.675 g
Dietary fiber	3.75 g
Protein	3.25 g
Calcium	50 mg
Fat	1.5 g

Table 1. Nutrition fact of 250 g inner jackfruit skin

Calories	233.33 kkal
Carbohydrates	6.67 g
Dietary fiber	0 g
Protein	0 g
Calcium	0 mg
Fat	23.33 g

Table 2. Nutrition content of 100 ml coconut milk

Calories	354 kkal
Carbohydrates	15.23 g
Dietary fiber	9 g
Protein	3.33 g
Calcium	14 mg
Fat	33.49 g

Table 3. Nutrition content of 100 g shredded coconut

Calories	139.49 kkal
Dietary fiber	0 g

Protein	0 g
Calcium	128.02 mg
Fat	0 g

Table 4. Nutrition content of 37 g Javanese brown sugar

Calories	7.0588 kkal
Carbohydrates	1.529 g
Dietary fiber	0.235 g
Protein	0.1176 g
Calcium	0 mg
Fat	0.0588 g

Table 5. Nutrition content of 10 g galangal

Calories	192.857 kkal
Carbohydrates	48.21 g
Dietary fiber	0 g
Protein	0 g
Calcium	0 g
Fat	0 g

Table 7. Nutrition content of 45 ml sweet soy sauce

Calories	48.84 kkal
Carbohydrates	10.9 g
Dietary fiber	0.66 g
Protein	2.0988 g
Calcium	2.97 mg
Fat	0.165 g

Table 8. Nutrition content of 33 g garlic

Calories	27.3 kkal
Carbohydrates	6.57 g

Dietary fiber	0.91 g
Protein	0.598 g
Calcium	1.3 mg
Fat	0.052 g

Table 9. Nutrition content of 65 g red onion

18

Calories	57.8 kkal
Carbohydrates	1.53 g
Dietary fiber	0.85 g
Protein	1.36 g
Calcium	0 mg
Fat	5.27 g

Table 10. Nutrition content of 17 g rotary candlenut

Calories	5.94 kkal
Carbohydrates	1.5 g
Dietary fiber	0 g
Protein	0.1092 g
Calcium	0.36 g
Fat	0.0294 g

Table 11. Nutrition content of 6 g lemongrass

Calories	21.24 kkal
Carbohydrates	3.8958 g
Dietary fiber	1.266 g
Protein	0.4698 g
Calcium	1.08 mg
Fat	0.5928 g

Table 12. Nutrition content of 6 g ground turmeric

19

Calories	38.4 kkal
Carbohydrates	10 g

Dietary fiber	0 g
Protein	0.448 g
Calcium	0.32 mg
Fat	0.096 g

Table 13. Nutrition content of 16 g tamarind

$$\begin{aligned} \text{Calories} &= 290 \text{ kkal} + 19.44 \text{ kkal} + 29.5 \text{ kkal} + 11.62 \text{ kkal} + 0.588 \text{ kkal} + 16.07 \\ &\text{kkal} + 4.07 \text{ kkal} + 2.275 \text{ kkal} + 4.8 \text{ kkal} + 0.495 \text{ kkal} + 1.77 \text{ kkal} + 3.2 \text{ kkal} \\ &= 383.828 \text{ kkal} \end{aligned}$$

$$\begin{aligned} \text{Carbohydrates} &= 3.3 \text{ g} + 0.5558 \text{ g} + 1.269 \text{ g} + 3.0 \text{ g} + 0.1274 \text{ g} + 4.0175 \text{ g} + \\ &0.9083 \text{ g} + 0.5475 \text{ g} + 0.1275 \text{ g} + 0.125 \text{ g} + 0.32 \text{ g} + 0.83 \text{ g} \\ &= 14.318 \text{ g} \end{aligned}$$

$$\begin{aligned} \text{Dietary fiber} &= 3.75 \text{ g} + 0 \text{ g} + 0.75 \text{ g} + 0 \text{ g} + 0.1958 \text{ g} + 0 \text{ g} + 0.055 \text{ g} + 0.0758 \text{ g} \\ &+ 0.708 \text{ g} + 0.1055 \text{ g} + 0.67 \text{ g} \\ &= 6.31 \text{ g} \end{aligned}$$

$$\begin{aligned} \text{Protein} &= 0.27 \text{ g} + 0 \text{ g} + 0.2775 \text{ g} + 0 \text{ g} + 1.41 \text{ g} + 0 \text{ g} + 0.1749 \text{ g} + 0.498 \text{ g} + 0.11 \\ &\text{g} + 0.0091 \text{ g} + 0.039 \text{ g} + 0.37 \text{ g} \\ &= 5.185 \text{ g} \end{aligned}$$

$$\begin{aligned} \text{Calcium} &= 4.167 \text{ mg} + 0 \text{ mg} + 1.67 \text{ mg} + 10.668 \text{ mg} + 0 \text{ mg} + 0 \text{ mg} + 0.2475 \text{ mg} \\ &+ 0.108 \text{ mg} + 0 \text{ mg} + 0.03 \text{ mg} + 0.09 \text{ mg} + 0.0267 \text{ mg} \\ &= 17.007 \text{ mg} \end{aligned}$$

$$\begin{aligned} \text{Fat} &= 0.125 \text{ g} + 1.944 \text{ g} + 0 \text{ g} + 0.049 \text{ g} + 0.01 \text{ g} + 0.043 \text{ g} + 0.439 \text{ g} + 0.0245 \text{ g} \\ &+ 0.0494 \text{ g} + 0.008 \text{ g} \\ &= 2.69 \text{ g} \end{aligned}$$

NUTRITION FACTS

Serving Size

3 pieces

<i>Amount per serving</i>	
<i>Calories</i>	1151.484 kkal
<i>Carbohydrates</i>	42.954 g
<i>Dietary Fiber</i>	18.93 g
<i>Protein</i>	15.555 g
<i>Calcium</i>	51.021 mg
<i>Fat</i>	8.07 g

4.2 NEW PRODUCT CHARACTERISTICS

Palkunang is high calcium, protein, and fiber empal made from jackfruit skin. It has never been invented before until now. Empal is normally made from chicken or beef and in some cases, nuts for vegans and vegetarians. Jackfruit skin is actually delicious when you make it the right way. It makes our empal texture soft instead of too hard. Some people don't like empal because of the hard texture. Some vegans and vegetarians also may have allergies to nuts. That's why Palkunang is born. Our ingredients are fresh and we always watch of our product quality. It is unique compare to other kinds of empal. It is also high in nutrition. Our empal is made naturally through the fermentation process by fermenting the jackfruit skin with warm water and salt for one day to achieve the right texture we want. This product can provide the daily nutritional need of proteins and minerals. The texture is like chicken meat, tender but there's something unique about it. People will be satisfied after eating this product because it can be eaten as a meal. It is recommended to eat it as a replacement of meat with white rice.