

APPENDIX

7.1. NUTRITION FACTS OF ABON SAYUR (BonYur)

There are the nutrients values of BonYur per packaging @200 grams (4 servings per container) :

1. Total calories carbohydrates per packaging (200 grams) = $64,765 \text{ grams} * 4 = 259,06 \text{ kcal}$.

Total carbohydrates per servings size (50 grams) = $64,765 \text{ grams} : 4 = 16,19 \text{ grams}$.

2. Total calories fat per packaging (200 grams) = $15,075 \text{ grams} * 9 = 135,675 \text{ kcal}$.

Total fat per servings size (50 grams) = $15,075 \text{ grams} : 4 = 3,76 \text{ grams}$.

3. Total calories protein per packaging (200 grams) = $9,19 \text{ grams} * 4 = 36,76 \text{ kcal}$.

Total protein per servings size (50 grams) = $9,19 \text{ grams} : 4 = 2,29 \text{ grams}$.

4. Dietary fiber per packaging (200 grams) = $8,4 \text{ grams}$.

Dietary fiber per servings size (50 grams) = $8,4 \text{ grams} : 4 = 2,1 \text{ grams}$.

5. Total calories per packaging (200 grams) = $259,06 \text{ kcal} + 135,675 \text{ kcal} + 36,76 = 431,495 \text{ kcal}$.

Total calories per servings size (50 grams) = $431,495 : 4 = 107,87 \text{ kcal}$.

7.2. PACKAGING DESIGN

1. Logo



Picture 54. Logo of BonYur or Abon Sayur (Personal Documentation, 2019)

2. Packaging Design



Picture 55. BonYur Packaging Front Side (Littleluce, 2019)



Picture 56. BonYur Packaging Inside (Littleluce, 2019)



Picture 57. BonYur Packaging Under Side (Littleluce, 2019)

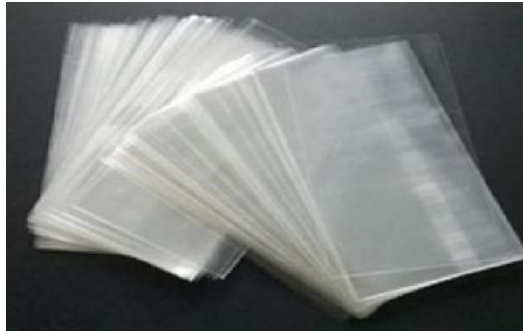


Picture 58. BonYur Packaging Back Side (Littleluce, 2019)

3. Sticker Thank You



Picture 59. Sticker Thank You (Littleluce, 2019)



Picture 60. BonYur Plastic Packaging (Haliashop77, 2019)

4. Supplier List



Picture 61. Plactic Packaging Supplier (Personal Documentation, 2019)



Picture 62. Packaging Supplier (Personal Documentation, 2019)



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CULINARY ARTS GASTRONOMY BAKING & PASTRY ARTS

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TITLE : Abon High in Fiber from Vegetables

INGREDIENTS : *Revisi*

- 250 gram lettuce
- 100 gram cabbage
- 200 gram carrot
- 100 gram onion
- 100 gram tomato
- 50 gram corn
- 25 gram garlic
- 25 gram shallot
- 5 gram ginger
- 5 gram lemongrass
- 5 gram galangal
- 200 gram seasoning powder
- 200 gram rice flour
- 15 gram salt
- 10 gram pepper
- 10 gram chicken powder

STEPS :

1. Peel the top of the lettuce and cabbage and the skin of tomato, onion, carrot and corn.
2. Salt them vigorously and squeeze them.
3. Rinse them with clean water and squeeze them again.
4. Blend the spices using a blender and mix them to number 3.
5. Mix the seasoning powder and rice flour and add chicken powder.
6. Mix the vegetables and spice mixture to the flour mixture and sift them.
7. And fry until they are turning brown.

APPROVAL BY ADVISOR	APPROVAL BY LIBRARIAN	APPROVAL BY DIRECTOR ACADEMY
DATE: 1-3-2019  Nia Rochmawati - MP	DATE: 01 March 2019  STKAR	DATE: 










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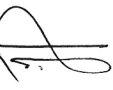


CULINARY ARTS · CATERING · BAKING & PASTRY ARTS

FORM CONSULTATION RESEARCH AND DEVELOPMENT FINAL PROJECT

Name : *Tiffany Sachio*
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STUDY PROGRAM OF CULINARY ART
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SURABAYA

No	Date	Topic Consultation	Name/ Signature
1.	23 / 1 st / 19	Konsultasi judul & rde	
2.	30 / 1 st / 19	konsultasi judul & rde 'permen bunga telang & lime', - can are bunga telang antioxidant - how to make candy	
3.	13 / 7 th / 19	konsultasi introduction	
4.	16 / 7 th / 19	konsultasi bab I	
5.	18 / 7 th / 19	konsultasi bab II	
6.	22 / 7 th / 19	konsultasi bab III	
7.	25 / 7 th / 19	konsultasi bab IV	

No	Date	Topic Consultation	Name/ Signature
8.	28 / 7 th / 19	konsultasi bab V	
9.	1 / 8 th / 19	konsultasi perhitungan nutritious factor	
10.	2 / 8 th / 19	konsultasi bab VI	
11.	3 / 8 th / 19	konsultasi penulisan referensi.	



BON YUR

BY TIFFANY SACHIO



ABSTRACT

BonYur can prevent of cancer and also can be consume for vegetarian. BonYur is high in fiber. For the people who in diet program, BonYur is a good choices to consume cause rich in vitamins, fiber, minerals and other nutrients but low in carbohydrates and calories.

BACKGROUND

Meat floss or in Indonesia called Abon is the one of popular food in Indonesia, they usually made from meat or fish. Even though there are other ingredients to make abon, for example for vegetarians we can make abon from vegetables. From vegetables we can get a lot of nutritions also a lot of energies and a lot of health benefits. And abon from vegetables can be consume for vegetarians and non vegetarians also can be consume from kids until adults. This is the reason why the author want to create Abon from vegetables called BonYur or Abon Sayur.

OBJECTIVE

1. To finish the final exam as Research and Development (RnD).
2. To make a new product.

METHODOLOGY

Prepare the vegetables and the vegetables must be washed, peel and cut into small pieces. Pour salt into the vegetables and squeeze it and it must be washed in running water until it cleans and squeeze again until it dry. Blend the spices until smooth and mix it into the vegetables mixture. After that, sift the rice flour and mix into the spices and vegetables mixture. And than, fry them until it turning brown and leave it until the oil is reduced. Prepare the peanuts and roasted until the colour is brown. Take the fried vegetables and pestle them. After that, roasted the fried vegetables and the peanuts together and let it cool. Prepare the packaging and put the Abon into the packaging and seal them.

CONCLUSION

BonYur can prevent of cancer and also can be consume for vegetarian. BonYur is high in fiber. For the people who in diet program, BonYur is a good choices to consume cause rich in vitamins, fiber, minerals and other nutrients but low in carbohydrates and calories. The price is Rp. 20.000 per package and it's contains 200 grams.

Nutrition Facts

4 servings per container	
Serving size	(50g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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