



“JACK’S” Instant Mashed Jackfruit Seeds

(Mashed Jackfruit Seeds in powder form)

RESEARCH AND DEVELOPMENT FINAL PROJECT

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Abstract

Jack's is made from jackfruit seeds that processed into powder through several process. The final result of Jack's is mashed jackfruit seeds that has similar texture with mashed potato, it is mushy and soft with a little bit sandy. Besides, this product also high in protein and carbohydrate but low in fat and sodium hence this product is healthier than mashed potato. The price of Jack's also affordable with amount Rp.15.000 each pack, each pack weight is 80 grams.



Background

Jackfruit seed is one of organic waste that hasn't used optimally. Whereas jackfruit seed has many benefit for body and delicious taste. Its rich in both macro and micro nutrients, Jackfruit seeds also known for their phytonutrients such as lignans, isoflavones, and saponins they are antioxidants that help prevent cancer. But, many people don't know the benefits of jackfruit seeds and thrown away the seeds. It makes the jackfruit seed is the cheapest ingredients. To optimize the jackfruit seed use and to increase the selling value, the seeds processed into instant mashed jackfruit seed. The powder form give benefits to the product to be durable and easy to prepare.

Methodology

Purchase the Ingredients
↓
Prepare and Clean
↓
Boiled Process
↓
Peeled Process
↓
Mashed Process
↓
Sifted Process
↓
Dried Process
↓
Powdered Process
↓
Packaging and Storage

Objective

The objective of this research is to:
a.Utilize the use of jackfruit seeds as potential healthy food
b.Increase the selling value of jackfruit seeds
c.Create new food product that has benefit for public

Content

• 530 energies	• 640 phosphors
• 13,44 proteins	• 3,2 iron
• 0,32 fats	• 0,64 Vitamin B1
• 117,4 carbohydrates	• 32 Vitamin C
• 105,6 calcium	• 0,599 sodium

Conclusion

From the explanation above the writer concluded that Instant mashed jackfruit seeds are high quality product with many excellence, both in economic aspect and nutritional contain. This product contains high carbohydrate and protein but low in fats and sodium hence good consumed by people with specific dietary. From the economic aspect, this product is pricing Rp.15.000 for each 80 grams which is considered as affordable price. To reach break-even point the product must be sold 10.234 items or reach income with amount Rp.153.500.000.