

CHAPTER 1

INTRODUCTION

1.1 Background of the study

The main ingredient to make vegan spam is from cannellini bean. I use cannellini bean as the main ingredients because cannellini bean have a lot of benefit to eat like cholesterol-free, low-fat legumes, and isoflavones and proanthocyanidin for reduce post-menopausal cancer in women and osteoporosis. Cannellini bean has many uses in vegan food such as making baked cannellini bean, Cannellini with tomato sauce that American people like to eat when breakfast, and et cetera. The purpose is to use Cannellini bean to make vegan spam so vegan people can eat spam.

For the processing method, put can of cannellini bean and white firm tofu in to the food processor to blend until smooth and then put white miso, vegetable oil, salt, rice vinegar, vital wheat gluten, all-purpose flour and garlic powder. Mix it and then divide and put it into aluminium foil and then steam it at least 1 hour.

Cannellini bean has a good nutrient composition. Nutrient for composition for 130 grams cannellini beans is: Calories: 110, Fat: 0g, Sodium: 89.7mg, Carbohydrates: 19g, Fiber: 4.9g, Sugars: 1g, Protein: 8g, Calcium: 59.8mg Iron: 3.6mg. Some canned brands also contain potassium, folate, and a few additional vitamins and minerals.

Cannellini beans are among the most fiber-rich foods, providing 15.2 grams per 100 grams dried weight. For those who prefer to buy precooked cannellini beans, they offer 6.7 grams of fiber per 100g.

Cannellini bean have many good advantages for our health such as loaded with protein, provide ample fiber, may promote a healthy body weight, and et cetera. But there some potential side effect of cannellini beans like gas and bloating, especially if suddenly increasing dietary intake.

That is because cannellini beans contain indigestible carbohydrates, fermented by gut bacteria. Unfortunately, this fermentation process releases gases that can cause bloating and other digestive symptoms. Whatever these symptoms will depend on the individual and their total intake of cannellini beans.

The characteristic of vegan spam is little bit chewy, savory, spicy because sambal dabu-dabu. This vegan spam must be served hot so the taste of sambal not become so bland but if you want eat it when cold it's okay because all ingredient already cooked and can endure at least for 7 day in fridge or 1 month in freezer

Table 1: Nutrition facts of 130 gram of cannellini bean

Calories	110 calories
Fat	0 g
Sodium	89.7mg
Carbohydrates	19g
Fiber	4.9g
Sugars	1 g
Protein	8 g
Calcium	59.8mg
Iron	3.6mg

1.2 THE OBJECTIVE OF THE STUDY

The purpose of this project is:

1. Find the new potential to make their own product for culinary business.
2. Find creativity of people to make their own new product.
3. To identify and analyze the nutrition fact and health benefit of their own product before selling the product to supermarket, online shops and etc.
4. To find new food for vegan