

## CHAPTER I

### INTRODUCTION

#### 1.1 Background of Study

Burger Patty is a meat product prepared from minced meat with addition of other ingredients. It is flat round in shapes. Burger patty can be made from vegetable proteins such as from beans, tofu and tempe. Burger patty usually served with burger soft bun, lettuce, tomatoes, onion, pickles, cheese, and sauce. Burger is an fast food. Burgers have components for the nutrients body needs, starting from carbohydrates, protein, fiber, and a little vitamin from vegetables. However, the burger patty, cheese and mayonnaise contain very high calories, saturated fat and sodium in one serving, making burgers unhealthy. One of the effects health problem is obesity when consumed continuously, this is because high fat and calorie content which is big enough. Although it contains a lot of vegetables, the other ingredients are even more detrimental to health (Rachmawati, I. 2020)

Meanwhile, so many people have to realized the importance of living a healthy lifestyle and many people in the world are shifting their diets to vegan. Vegan diets are growing in popularity today among teenagers and youth. The main benefits of plant-based food nutrition are many factors associated with a reduced risk of developing various chronic diseases and several other factors including lowering cholesterol, blood pressure, and blood sugar, Reversal or prevention of heart disease Longer Life, Weight healthier body, lower risk of cancer and diabetes, can slow the development of certain types of cancer, a symptom of which is rheumatoid arthritis better, less drugs, lower food costs, and good for environment (Rahmah *et al.*, 2022).

The phenomenon of food waste in Indonesia reaches 300 kg of food waste per person every year. This situation is very concerning so that many studies have examined food waste so that it can be processed properly and

effectively. processing food waste by changing lifestyles towards food that is consumed wisely which is environmentally friendly for the community (Hermanu, B. 2022).

In utilizing food waste, banana peels are recommended for consumption because banana peel have nutritional values needed for body such as water content 68.9 g, KH 18.5 g, protein 0.32 g, fat 2.11 g, calcium 715 mg, phosphorus 117 mg, iron 1.6 mg, vitamin B 0.12 mg and vitamin C 17.5mg. Given today's society has realizing the importance of healthy food, using banana peels is suitable for processing burger patty (Haryanto *et al.*, 2016).

## **1.2 The Objectives of the Study**

The objectives of this study are following below :

1. Making a new innovations of burger patties so that can be consumed by the public who follow a vegetarian, vegan, or plant-based diet.
2. Make another variant of the burger that has a low fat and high fiber content so that the daily fiber requirement can be met and can maintain the health of the digestive tract.
3. Utilization of food waste from banana peels so as to prevent the negative impacts that arise if not properly processed.