

**CULINARY INNOVATION AND NEW PRODUCT  
DEVELOPMENT REPORT  
“UTILIZATION OF NUGGET FROM CANNELINI  
BEANS, CARROTS AND CAULIFLOWER”**



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2023**

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## PREFACE

Praise be to God Almighty for the blessings given so that I can write and finish the report on time with the title UTILIZATION OF NUGGET FROM CENNELINI BEANS, CAROTS, AND CAULIFLOWER, even though there are many weakness in this report that I made. I hope that this report can give knowledge to readers and have a positive impact, and I hope that the readers will understand if there are a mistakes because this proposal is far from perfect. In this proposal I hope consumers can get a quality from the product. As a writer I realize that this proposal will not be finished without the support of people around me. because of that I want to say a huge thank you to:

1. Chef Zaldy Iskandar, B.Sc, as the Head Director of Ottimmo International;
2. Mrs. Heni Adhianata, S.T.P.M.Sc, as a Head of Culinary Arts Study Program
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6. Mrs. Novi Indah Permata S., S.T.P., as a Head of Culinary Arts Study Program
7. Parents and friends, who encouragement me while writing this report;

I realize that my report still needs a lot of improvement, therefore I accept any positive criticism and suggestions. And I hope that readers can get a new innovations from this report

Surabaya, May 3, 2023



Natalia Evelyn

## ABSTRACT

Vegan nuggets are a new innovation in the culinary world, where there hasn't been a product like this that is exactly the same as the nuggets has made. This idea cretae was inspired by people around me who are vegan. People can enjoy the products that will be produce in the future. The vegan nugget that I made is a different product from other vegan nugget products where used is white beans, cauliflower, and carrots as the main ingredients. The vegan nuggets that made contain a lot of nutrition in them. the ingredients that used later contain many benefits in them such as white beans which contain lots of fiber, help lower bad cholesterol levels which can reduce the risk of heart disease, maintain blood sugar stability, prevent constipation and other digestive disorders. cauliflower is also an ingredient that can increase endurance. And another main ingredient, which contains carrots.

Carrots have a variety of health benefits, including improving vision. Carrots' beta-carotene and vitamin A concentration is beneficial for enhancing vision. Carrots can prevent difficulties or diseases brought on by a deficiency in vitamin A, as well as cataracts and macular degeneration, but they cannot treat eye-related issues. Aids in Lowering Cancer Risk. Additionally helpful in lowering cancer risk are carrots. because antioxidants and beta-carotene are thought to decrease the formation of cancer cells. Also the cauliflower have a several benefits, there is In cauliflower there are antioxidants that can reduce the risk of cancer. Cauliflower contains glucosinolates and isothiocyanates which can help detoxify the body naturally

***Keywords: cauliflower, white beans, carrots***

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