

DAFTAR PUSTAKA

- Adler-Nissen, J. (2016). "Enzymatic hydrolysis of food proteins: a review". *Food Chemistry*, 15, 130-158.
- Afidah, N., & Ilmiah, S. N. (2024). Pengaruh pH dan suhu terhadap kemampuan enzim bromelin untuk menggumpalkan susu [the effect of ph and temperature on the ability of bromelain enzyme to coagulate milk]. (Vol. 8, Issue 1).
- Ahalya, N., Ramachandra, T. V., & Rao, R. M. (2017). Nutritional advantages of fish protein hydrolysates over conventional fish meal. *Journal of Food Science and Nutrition*, 14(4), 341-349.
- Amalia, A. R., Sumartini, S., Azka, A., Ratrinia, P. W., Suryono, M., Saputra, E. N., & Hasibuan, N. E. (2024). Karakteristik fisikokimia mi basah substitusi jenis ikan berbeda dengan penambahan egg white powder. *Jurnal Pengolahan Hasil Perikanan Indonesia (JPHPI)*, 27(11), 1021–1034. <https://doi.org/10.17844/jphpi.v27i11.52207>
- Annisa, S., Darmanto, Y. S., & Amalia, U. (2017). Pengaruh perbedaan spesies ikan terhadap hidrolisat protein ikan dengan penambahan enzim papain (the effect of various fish species on fish protein hydrolysate with the addition of papain enzyme). Saintek Perikanan: *Indonesian Journal of Fisheries Science and Technology*, 13(1), 24. <https://doi.org/10.14710/ijfst.13.1.24-30>
- Andhikawati, A., Permana, R., Oktavia, Y., Perikanan, D., Perikanan dan Ilmu Kelautan, F., Studi Perikanan Pangandaran, P. K., Unpad Pangandaran, P., Pangandaran, K., Studi Teknologi Hasil Perikanan, P., & Ilmu Kelautan dan Perikanan, F. (2021). Review: komposisi gizi ikan terhadap kesehatan tubuh manusia A Review: *Nutritional Composition of Fish For Human Health*. 04(02), 76–84.
- Aryati, E.E., & Dharmayanti A.W.S. (2014). Manfaat ikan teri segar (*Stolephorus* sp) terhadap pertumbuhan tulang dan gigi. *ODONTO Dental Journal*, 1(2), 52-56. <https://dx.doi.org/10.30659/odj.1.2.52-56>
- Ashraf, Z. U., Shah, A., Gani, A., & Gani, A. (2024). Effect of enzymatic hydrolysis of pulse protein macromolecules to tailor structure for enhanced nutraceutical properties. *LWT*, 205, 116502. <https://doi.org/10.1016/j.lwt.2024.116502>
- AOAC. (2005). *Official Method of Analysis of The Association at Official Analytical Chemist*. Washington D.C: Benyamin Franklin Station.
- Arditiana, A., Rochmawati, N., Widinugroho, P., Puspitasari, R. D., Widyaningsih, T. D. (2015). Suplemen cincau hitam dan daun bungur untuk kolesterol, hipertensi dan diabetes. *Jurnal Pangan dan Agroindustri*, Vol. 3 (1): 166-173.

- Arshad, Z. I. M., Amid, A., Yusof, F., Jaswir, I., Ahmad, K., & Loke, S. P. (2014). Bromelain: an overview of industrial application and purification strategies. *Applied Microbiology and Biotechnology*, 98 (17): 7283-7297.
- Astawan, M., & Andayani, R. (2014). Ikan teri jengki sebagai sumber protein dan kalsium yang murah serta tersedia di indonesia. *Jurnal Gizi dan Pangan*, 9(1), 45-53.
- Astawan, M., et al. (2015). Influence of enzyme concentration on the degree of hydrolysis and antioxidant activity of fish protein hydrolysate. *Journal of Food Processing and Preservation*.
- Astawan, M., Santoso, B., & Wresdiyati, T. (2017). Kandungan gizi dan manfaat kesehatan ikan teri. *Jurnal Gizi dan Pangan*, 12(3), 215–224.
- Astawan, M., et al. (2018). Bioavailability and nutritional benefits of protein from anchovy (*Stolephorus sp*). *Journal of Food Nutrition and Food Sciences*.
- Aung, Sumbono. (2016). Biokimia Pangan Dasar. Deepublish. Yogyakarta.
- Baehaki. A, Shanti Dwita L, Ahmad Rizky Romadhoni. (2015). Hidrolisis protein ikan patin menggunakan enzim papain dan aktivitas antioksidan hidrolisatnya. *Journal.ipb.ac.id/jphpi*
- Belitz, H. D., Grosch, W., & Schieberle, P. (2016). Food Chemistry (4th ed.). Springer
- Berg, J. M., Tymoczko, J. L., & Stryer, L. (2018). Biochemistry (8th ed.). W. H. Freeman
- Bhalodia, N. R., Nariya, P. B., Acharya, R. N., & Shukla, V. J. (2013). In vitro antioxidant activity of hydro alcoholic extract from the fruit pulp of *cassia fistula* linn. *An International Quarterly Journal of Research*, Vol. 34 (2): 209-214.
- Bhaskar, N., Modi, V. K., Govindaraju, K., Radha, C., & Lalitha, R. G. (2008). Utilization of meat industry by products: Protein hydrolysate from visceral waste from Catla (Catla catla). *Bioresource Technology*, 99(6), 1923–1930. <https://doi.org/10.1016/j.biortech.2007.03.036>
- Bjoern, L., Lied, E. and Espe, M. (2000). Enzymatic hydrolysis of byproducts from the fish-filleting industry; chemical characterization and nutritional evaluation. *Journal of the Science of Food and Agriculture* 80: 581-589.
- BPOM. (2023). *Tabel Komposisi Zat Gizi Pangan Indonesia (TKPI)*.
- Bueno-Solano,C., López-Cervantes, J., Campas-Baypoli, O.N., Lauterio-García, R., Adan-Banteand, N.P., and Sánchez-Machado, D.I. (2009). chemical and biological characteristics of protein hydrolysates from fermented shrimp by-products. *Food Chem.* 112: 671–675.

- Butt, M.S., F.M. Anjum, Salim-ur-Rehman, M. Tahir-Nadeem, M.K. Sharif and M. Anwer. (2008). Selected quality attributes of fine basmati rice: effect of storage history and varieties. *International Journal of Food Properties*, 11:3, 698–711,
- Chalamaiah, M., Dinesh, B., Hemalatha, R., & Jyothirmayi, T. (2012). fish protein hidrolisisates: proximate composition, amino acid composition, antioxidant activities and applications: a review. *Food Chemistry*, 135(4), 3020–3038. <https://doi.org/10.1016/j.foodchem.2012.06.100>
- Chalamaiah, M., Dinesh, B., Hemalatha, R., & Jyothirmayi, T. (2018). bioactive peptidas derived from food protein: a review. *Journal of Functional Foods*, 39, 608-619.
- Charoenphun N, Benjamas C, Nualpun S, Wirote Y. (2013). Calcium-binding peptidas derived from tilapia (*Oreochromis niloticus*) protein hidrolisisate. *European Food Research and Technology*. 236(1): 57-63.
- Cheng, I., Liao, J., Ciou, J., Huang, L., Chen, Y., & Hou, C. (2020). Characterization of protein hydrolysates from eel (*anguilla marmorata*) and their application in herbal eel extracts. catalysts, Vol. 10: 1-12.
- Damodaran, S., Parkin, K.L, & Fennema, O. R. (2017). Food Chemistry Fifth Edition. United States: CRC Press.
- Darmawan, E. (2020). Pengaruh Enzim Bromelin terhadap Sifat Kimia Hidrolisat Protein Lele Dumbo. *Agrotech: Jurnal Ilmiah*.
- De Garmo, E. P., Sullivan, W. G., & Canada, J. R. (1984). Engineering Economy. 5th ed. McGraw-Hill Education.
- Desyca Tohata, V., Sormin, R. B. D., & Savitri, I. K. E. (n.d.). (2021). Jurnal Teknologi Hasil Perikanan Profil Asam Amino Dan Kandungan Mineral Ikan Teri (Stolephorus Commersonii) Segar Dan Kering Dari Desa Siahoni Kabupaten Buru Profile Of Amino Acids And Mineral Content Of Fresh And Dried Anchovy (Stolephorus Commersonii) From Siahoni Village, *Buru Regency*.
- Dos Santos, S. D. A., Martins, V. G., Salas-Mellado, M., & Prentice, C. (2011). Evaluation of functional properties in protein hidrolisisates from bluewing searobin (*prionotus punctatus*) obtained with different microbial enzymes. *Food and Bioprocess Technology*, 4(8), 1399–1406. <https://doi.org/10.1007/s11947-009-0301-0>
- Erpiana. (2018). Studi Pembuatan Dangke Dengan Menggunakan Ekstrak Enzim Bromelin Kasar Dari Batang Nanas (*Ananas Comosus L. Mer*). Skripsi. Fakultas Pertanian Universitas Hasanuddin Makassar.

- Esfandi, R., Walters, M. E., & Tsopmo, A. (2019). Antioxidant properties and potential mechanisms of hydrolyzed proteins and peptidas from cereals. *Heliyon*, Vol. 5 (4): 1-26.
- Fardiaz D, Fardiaz S. (1987). Teknik Penelitian Protein. Bogor: Pangan Dan Gizi.
- Farvin, K. H. S., Baron, C. P., Nielsen, N. S., Otte, J., & Jacobsen, C. (2010). Antioxidant activity of yoghurt peptidas: part 2-characterisation of peptida fractions. *Food Chem.*, Vol. 123: 1090-1097.
- Febrianto, N. A. (2013). Hidrolisat Protein asal Bungkil Kakao dan Ampas Kopi. Jember: Warta Pusat Penelitian Kopi dan Kakao.
- Gan, R.-Y., Li, H.-B., Gunaratne, A., Sui, Z.-Q., Corke, H., (2017). Effects of fermented edible seeds and their products on human health: bioactive components and bioactivities. *Compr. Rev. Food Sci. Food Saf.*, Vol. 16: 489-531.
- Gandy, W., Madeen, A., & Holdsworth, M. (2014). Gizi & Dietika. Jakarta: EGC
- Gautam, S. S., Mishra, S., Dash, V., Amit, K. & Rath, G. (2010). Cooperative study or extraction, purification and estimation of bromelain from stem and fruit of pineapple plant. *The Thai Journal of Pharmaceutical Sciences*, Vol. 34 (2): 67-76.
- Gehring, C. K., Gigliotti, J. C., Moritz, J. S., & Tou, J. C. (2017). Fish protein hydrolysates: Current knowledge and challenges in the industry. *Journal of Food Science*, 82(3), 452-462.
- Hariwan, A. (2015). Pengambilan keputusan: aspek kecerdasan, persepsi, dan falsafah dalam proses Analisis keputusan. *Jurnal Manajemen dan Keputusan*, 12(4), 45-58.
- Haard, N. F., & Simpson, B. K. (2016). Seafood Enzymes: Utilization and Influence on Postharvest Seafood Quality. CRC Press.
- Harahap, M.T. (2022). Pengaruh konsentrasi enzim bromelin terhadap derajat hidrolisis hidrolisat protein belut (*monopterus albus*). *Jurnal Perikanan dan Kelautan. Universitas Riau*.
- Harnedy, P. A., & FitzGerald, R. J. (2012). Bioactive peptides from marine processing waste and shellfish: A review. *Journal of Functional Foods*, 4(1), 6–24. <https://doi.org/10.1016/j.jff.2011.09.001>
- Haslaniza, H., M. Y. Maskat, W. M. Wan Aida, and S. Mamot. (2010). The effects of enzyme concentration, temperature and incubation time on nitrogen content and degree of hydrolysis of protein precipitate from cockle (*anadara granosa*) meat wash water. *International Food Research Journal* 17(1): 147–52.

- Hayuningtyas, C. R. (2015). Formulasi dan Karakterisasi Saus Berbahan Baku Hidrolisat Hasil Hidrolisis Enzimatik dari Ikan Inferior. *Skripsi*. Jurusan Teknologi Hasil Pertanian Universitas Jember.
- Heard, C. M., & Simpson, J. A. (2016). the role of myofibrillar and sarcoplasmic proteins in fish muscle quality. *Journal of Marine Science and Engineering*, 4(3), 211-225.
- Hedstrom, L. (2017). Serine protease mechanism and specificity. *Chemical Reviews*, 102(12), 4501-4524.
- He, S., Franco, C., & Zhang, W. (2013). Functions, applications and production of protein hidrolisisates from fish processing. *FRIN*, 50(1), 289–297. <https://doi.org/10.1016/j.foodres.2012.10.031>
- Henn, F. K., & Alim, K. (2025). Viscosity's impact on nutrient uptake along the gut. *arXiv*. <https://arxiv.org/abs/2504.19235>
- Hidayah, Z., Nuzula, N. I., & Wiyanto, D. B. (2020). Analisis keberlanjutan pengelolaan sumber daya perikanan di perairan selat madura jawa timur. *Jurnal Perikanan Universitas Gadjah Mada*, 22(2), 101. <https://doi.org/10.22146/jfs.53099>
- Ilfandzahina, A. M. (2020). *Karakterisasi enzim bromelin dari ekstrak nanas untuk aplikasi hidrolisis protein*. [Skripsi, Universitas Negeri].
- Ismed, I., Yenrina, R., & Hasbullah, H. (2023). Pengaruh Konsentrasi Crude Enzim Fisin terhadap Karakteristik Gelatin dari Kulit Ikan Tuna (*Thunnus albacares*). *Prosiding Polbangtan Yoma*, Prosiding Seminar Nasional Politeknik Pembangunan Pertanian Yogyakarta Magelang, 5, 162–174. e-ISSN: 2986-254X.
- Jacoeb, A., Nurjanah, Siagian, I., & Hidayat, T. (2024). Organoleptic, chemical composition, and histology of fresh vs. fried Indonesian anchovies (*Stolephorus* sp.). *Universitas Scientiarum*, 29(2), 169–185. <https://doi.org/10.11114/JAVERIANA.SC292.OCCA>
- Jayathilakan, K., et al. (2014). Instant foods and the benefits of modern technologies for global health. *Food Reviews International*
- Jones, R. T., & Johnson, M. L. (2017). Antioxidant properties of human serum albumin. *Biochemical Society Transactions*, 45(1), 102-110.
- Jiang, H. (2016). Characterization and functional properties of fish albumin: a review. *Food Chemistry*, 202, 476-485.
- Jimenez, A., Selga, A., Torres, J. L., & Julia, L. (2004). Reducing activity of polyphenols with stable radicals of the ttm series electron transfer versus h-abstraction reactions in flavan-3-ols. *Organic Letters*, Vol. 6: 4583-4586.

- Kementerian Kesehatan RI. (2018). Tabel Komposisi Pangan Indonesia 2017. Jakarta: Kementerian Kesehatan RI; page 22
- Ketnawa, S., Rawdkuen, S., & Chaiwut, P. (2011). Pineapple wastes: A potential source for bromelain extraction. *Food and Bioproducts Processing*, 89(3), 342–348. <https://doi.org/10.1016/j.fbp.2010.07.002>
- Ketnawa, S., Chaiwut, P., & Rawdkuen, S. (2019). Extraction of bromelain from pineapple peels and application in protein hydrolysate production. *Food Science and Biotechnology*, 28(2), 399-409.
- KKP. (2021). Kelautan dan perikanan dalam angka tahun 2021 (Vol. 1, Issue 1). <http://journal.um-surabaya.ac.id/index.php/JKM/article/view/2203>
- Kristinsson, H. G., & Rasco, B. A. (2000). Fish protein hydrolysates: Production, biochemical, and functional properties. *Critical Reviews in Food Science and Nutrition*, 40(1), 43–81. <https://doi.org/10.1080/10408690091189266>
- Kristinsson HG. (2007). Aquatic food protein hidrolisisates. Di dalam: Shahidi F, editor. Maximising the Value of Marine ByProduct. Boca Raton: CRC Press
- Kurniawan, S., Lestari., dan Hanggita, S.R.J. (2012). Hidrolisis protein tinta cumi-cumi (*Loligo sp.*) dengan enzim papain. *Fishtech*, 1 (1): 41-54.
- Kusumaningtyas, E., Widiastuti, R., Kusumaningrum, H. D., & Suhartono, M. T. (2015). aktivitas antibakteri dan antioksidan hidrolisat hasil hidrolisis protein susu kambing dengan ekstrak kasar bromelin. *Jurnal Teknologi dan Industri Pangan*, Vol. 26 (2): 179-188.
- Lasimpala, R. (2014). Uji Mutu Ikan Teri Kering Pada Lama Pengeringan Berbeda (Thesis). Universitas Negeri Gorontalo, Gorontalo. Retrieved from <http://eprints.ung.ac.id/6433/>
- Lavrentovich, M. O., Koschwanez, J. H., & Nelson, D. R. (2013). Nutrient shielding in clusters of cells. arXiv. <https://arxiv.org/abs/1304.6256>
- Lestari, S., & Suyata, A. (2020). Pengaruh waktu hidrolisis terhadap derajat hidrolisis dan profil peptida dalam proses hidrolisis oleh bromelin. *Jurnal Teknologi Pangan dan Bioteknologi*, 14(1), 78-85.
- Mareta, R. E., Subandiyono, & Hastuti, S. (2017). pengaruh enzim papain dan probiotik dalam pakan terhadap tingkat efisiensi pemanfaatan pakan dan pertumbuhan ikan gurami (*osphronemus gouramy*). *Jurnal Sains Akuakultur Tropis*, Vol. 1 (1): 21-30.
- Mardiyah, M., & Sartika, R. (2014). asupan kalsium dan hubungannya dengan massa tulang. *Jurnal Gizi Indonesia*, 3(2), 150-159.
- Matondang, S. E. (2021). *Perbandingan kadar protein ikan air tawar dan ikan air laut*. Institut Agama Islam Negeri (IAIN) Padangsidimpuan.

<https://pdfs.semanticscholar.org/29f1/28253642d3beb0efe0622bdbb88b4a057885.pdf>

- Mehta, S. K., Jogh, S., dan Gowder, T. (2015). Members of antioxidant machinery and their functions. *Basic Principles and Clinical Significance of Oxidative Stress*, 60-84.
- Litaay, C., Indriati, A., Andriansyah, R. C. E., Novianti, F., Purwandoko, P. B., Rahman, N., Nuraini, L., Rahman, N., & Hidayat, T. (2023). Karakteristik kimia dan keamanan mikrob tepung ikan teri hitam (*Stolephorus commersonii*). *Jurnal Pengolahan Hasil Perikanan Indonesia*, 26(3), 497–509. <https://doi.org/10.17844/jphpi.v26i3.48355>
- Meldstad, T. (2015). Protein hydrolysis and amino acid analysis in fish protein hydrolysates. *Journal of Food Science and Technology*, 10(2), 134-142.
- Mohan, R., Ayyappan, S., & Joseph, R. (2016). Extraction, purification and properties of bromelain from pineapple (*Ananas comosus*) peel waste. *Asian Journal of Pharmaceutical and Clinical Research*, 9(3), 121–124. <https://innovareacademics.in/journals/index.php/ajpcr/article/view/11716>
- Mohanty, B. P., & Ganguly, S. (2016). Nutritional composition of fish and shellfish. *Present Status and Future Prospects in Production and Utilization of Fish*, 62-82.
- Muchtadi, D. (2013). Antioksidan dan Kiat Sehat di Usia Produktif. Bandung: Alfabeta.
- Muñoz, P. D., & Ayer, M. H. (2017). Engraulidae (anchovies). In *Fishes of the Western North Atlantic* (pp. 1-10). Yale University Press.
- Muzaifa, M., Fahrizal, and N. Safriani. (2011). Physicochemical properties of fish protein hidrolysates prepares from by product using algae and flafouryme enzyme. *J.Biological Education*. 3(2): 5 – 8.
- Nakamura, Y. (2018). Collagen and gelatin from marine by-products. *Marine Drugs*, 16(3), 100
- Najihudin, A., Chaerinisaa, A., & Subarnas A. (2017). Aktivitas antioksidan ekstrak dan fraksi kulit batang trengguli (*cassia fistula l*) dengan metode dpph, *Indonesian Journal of Pharmaceutical Science and Technology*, Vol. 4 (2): 70-78
- Nathania, L., & Bratadiredja, R. (2018). Bromelin: enzim proteolitik dari nanas dan aplikasinya dalam hidrolisis protein. *Jurnal Bioteknologi dan Bioindustri*, 9(2), 87-94.
- Nelson, D. L., & Cox, M. M. (2017). Lehninger Principles of Biochemistry (7th ed.). W. H. Freeman

- Ngo, D. H. (2016). Bioactive peptidas from fish and shellfish: A review of the isolation, characterization, and applications. *Current Opinion in Food Science*, 6, 25-31
- Nugraha, A. A. (2022). *Hidrolisis protein kacang kedelai dengan enzim bromelain dan aktivitas antikanker terhadap sel kanker payudara MCF-7*. [Tesis, UIN Jakarta].
- Nuraida, L., & Nurjanah, S. (2015). development of instant rice with natural ingredients. *Journal of Food Science and Technology*.
- Nuraida, L., & Nurjanah, S. (2017). calcium content in indonesian anchovy and its contribution to nutritional needs. *Journal of Food and Nutrition Research*, 25(2), 112-120
- Nurjanah, N. (2016). morphological and genetic identification of *stolephorus indicus*. *Indonesian Fisheries Research Journal*, 22(1), 45-54
- Nie R, Liu Y, Liu Z. (2014). The calcium-binding activity of fish scale protein hidrolisisates. *Journal of Agricultural Chemistry and Environmental*. 3(1B): 11-15.
- Oliveira, C., Vilela, L., Santos, L., & Souza, R. (2016). comparative analysis of bromelain and papain: amino acid sequences and mechanistic similarities. *Journal of Enzymology and Protein Chemistry*, 15(3), 225-233.
- Palani Kumar, K., Bhaskar, N., & Mahendrakar, N. S. (2014). Functional properties of protein hydrolysates from anchovy (*Stolephorus indicus*) visceral waste using plant proteases. *Journal of Food Processing and Preservation*, 38(1), 120–130. <https://doi.org/10.1111/j.1745-4549.2012.00754.x>
- Pamungkas, B. Susilo, N. Komar, (2013), Uji fisik dan sifat kimia nasi instan (irsoybean) bersubsitusi larutan kedelai (*Glycine max*). *Jurnal Keteknik Pertanian Tropis dan Biosistem*, Vol. 1, Hal 213-223.
- Pandiangan, M., Sihombing, D. R., Tampubolon, S. D. R., & Sidebang, Y. E. (2025). Uji hidrolisis protein dan aktivitas antioksidan hidrolisat protein ikan nila (*Oreochromis niloticus*). *Jurnal Riset Teknologi Pangan dan Hasil Pertanian (RETIPA)*, 5(2), 84–93
- Pardo, M.F., Lopez, L.M., Canals, F., Aviles, F.X., Natalucci, C.L. dan Caffini, N.O. (2000). Purification of balansain I, an endopeptidase from unripe fruits of Bromelia balansae Mez (Bromeliaceae). *Journal Agriculture of Food Chemistry*, 48: 3795-3800.
- Parwata MOA. (2016). Kimia Terapan Program Pasca sarjana Universitas Udayana. 1– 54.

- Pasaribu, G., & Setyawati, T. (2011). Aktivitas antioksidan dan toksisitas ekstrak kulit kayu raru (*cotyledobium sp.*). *Jurnal Penelitian Hasil Hutan*, 29(4), 322–330. <https://doi.org/10.20886/jphh.2011.29.4.322-330>
- Pavan, P., Jain, S., Sangeetha, N., & Kothari, I. L. (2016). Mechanisms of bromelain enzyme action: substrate binding and catalysis. *Journal of Enzyme Research*, 12(2), 150-160.
- Perbowo N, Ibrahim, RHS, Andriyani R, Mindrawati E, Setiawati N, P, Kurnia, G E, Supriyanto A, Abdillah J, Candra M A, Rohayati S, Soleh K, Chadir R N, Trilaksani W, Chasanah E, Fawzya YN. (2016). Inovasi Teknologi Pengolahan Kerjasama Penelitian/Riset Perguruan Tinggi dan Litbang (Hidrolisat Protein Ikan). Direktorat Jendral Penguatan Daya Saing Produk Kelautan dan Perikanan. Jakarta [IDN].
- Poba, H. R., Astawan, M., & Andarwulan, N. (2019). The Effect of Ripening Stages of Pineapple on the Activity of Bromelain Enzyme. *Indonesian Journal of Agricultural Science*, 20(3), 189–196. <https://doi.org/10.21082/ijas.v20n3.2019.p189-196>
- Pownall, T. L., Udenigwe, C. C., dan Aluko, R. E. (2010). amino acid composition and antioxidant properties of pea seed (*pisum sativum l.*) enzymatic protein hydrolysate fractions. *Journal Agro Food Chem*, Vol. 58: 4712-4718.
- Prasert, Waraporn and P. Suwannaporn. (2009). Optimization of instant jasmine rice process and its physicochemical properties. *Journal of Food Engineering* 95: 54–61.
- Prayudi, A., Yuniarti, T., & Taryoto, A. H. (2019). *Potensi hasil samping industri perikanan sebagai sumber bahan baku produk penyedap rasa alami* [Potentially of fishery industrial by-product as a source of raw materials for natural flavor products]. Prosiding Seminar Nasional Perikanan dan Penyuluhan II, 1(1), 1–17.
- Priya, S. P., Jayakumar., Mathai, V., Chintu & Babu, S. (2012). Immobilization and kinetic studies of bromelain: a plant cysteine bromelain from pineapple (*ananas comosus*) plant parts. *Int J Med Health Sci.*, Vol. 1 (3): 10-16.
- Purwaningsih, I. (2017). Potensi enzim bromelin sari buah nanas (*ananas comosus l.*) dalam meningkatkan kadar protein pada tahu. *Jurnal Teknologi Laboratorium*, Vol. 6(1), 39 - 46.
- Puspawati, G., et al. (2017). Optimization of enzyme concentration and hydrolysis time for producing fish protein hydrolysate. *Journal of Food Processing and Preservation*.
- Putalan, N., Munifah, A., Nurhayati, T., & Chasanah, E. (2018). Optimasi proses hidrolisis protein ikan menggunakan enzim: faktor-faktor yang mempengaruhi. *Jurnal Teknologi Hasil Perikanan*, 11(2), 123-130.

- Putra, R. E., et al. (2017). Antioxidant activity of pangasius fish protein hydrolysate. *Indonesian Journal of Marine Sciences*, 22(2), 45–52.
- Putra, A. Y. T., Rosida, D. F., & Priyanto, A. D. (2021). Influence of enzyme concentration and hydrolysis time on soluble protein content of protein hydrolysate prepared from apple snail (*pila ampullacea*). *International Journal of Eco-Innovation in Science and Engineering*, Vol. 2 (2): 26-30.
- Qian, B., Zhao, X., Yang, Y., & Tian, C. (2020). Antioxidant and anti-inflammatory peptida fraction from oyster soft tissue by enzymatic hydrolysis. *Food Science & Nutrition*, Vol. 8 (7): 3947-3956.
- Raghunath, T. M. & Shamkant, B. B. (2010). biological aspects of proteolytic enzymes: a review. *Journal of Pharmacy Research*, Vol. 3 (9): 2048-2062.
- Restiani, R. (2016). Hidrolisis secara enzimatis protein bungkil biji nyamplung (*calophyllum inophyllum*) menggunakan bromelain. *Biota* Vol. 1 (3): 103-110.
- Riyanto, B., Trilaksani, W., & Azzahra, V. A. (2020). Mutu dan umur simpan cookies yang difortifikasi dengan hidrolisat protein ikan. *Jurnal FishtecH*
- Roslan, M. A., Hadi, M. Y., & Sari, R. (2014). Komposisi kimia dan profil asam amino dari hidrolisat protein limbah ikan nila (*oreochromis niloticus*). *Jurnal Teknologi dan Industri Pangan*, 10(3), 212-220.
- Rutherford, S. M. (2010). Methodology for determining degree of hydrolysis of proteins in hydrolysates: a review. *Journal of AOAC International*, Vol. 93 (5): 1515-1522.
- Sari, D. K. (2017). Morphological characteristics and habitat of *stolephorus indiscus* in Indonesian waters. *Journal of Marine Biology Research*, 29(2), 112-120
- Sari, N. P., et al. (2019). Antioxidant properties of fish protein hydrolysates from mackerel using papain. *Indonesian Food Science Journal*, 10(1), 23–29.
- Sahraini, F., Razak, A. R., Bahri, S., & Hardi, Y. (2021). *Hidrolisis protein teripang hitam (Holothuria edulis) menggunakan bromelin kasar dari batang nanas (Ananas comocous L)*. KOVALEN: Jurnal Riset Kimia, 7(3), 214–219.
- Samaranayaka, A. G. P., & Li-Chan, E. C. Y. (2016). Food-derived peptides antioxidants: a review of their production, assessment, and potential applications. *Journal of Functional Foods*, 20, 16-29.
- Sa'Nchez, A. & Va'Zquez, A. (2017). Bioactive peptidas. *Food Qual. Saf.* 1: 29-46.
- Saallah, S., Ishak, N. H., & Sarbon, N. M. (2020). Effect of different molecular weight on the antioxidant activity and physicochemical properties of golden

- apple snail (*ampullariidae*) protein hydrolysates. *Food Research*, Vol. 4 (4): 1363-1370.
- Sadeer, N. B., Montesano, D., Albrizio, S., Zengin, G., & Mahomoodally, M. F. (2020). The versatility of antioxidant assays in food science and safety-chemistry, applications, strengths, and limitations. *Antioxidant*, Vol. 9 (8): 709.
- Salami, M., Yousefi, R., Ehsani, M. R., Razavi, S. H., & Faraji, R. (2017). Chemical and enzymatic hydrolysis of food proteins: a review. *Journal of Food Science and Technology*, 54(12), 3939-3950
- Septianingrum, E., Kusbiantoro., (2016)., Balai Besar Penelitian Tanaman Padi Jl Raya, B., Pos, T., Subang, C., & Barat, -Jawa. (n.d.). Review Indeks Glikemik Beras: Faktor-Faktor yang Mempengaruhi dan Keterkaitannya terhadap Kesehatan Tubuh Rice Glycemic Index: The Factors Affecting and The Impact on Human Health.
- Sharma S, Raghvendar S, Shashank R. (2011). A review: bioactive peptidas. *Bioautomation*. 14(4): 223-250.
- Sila, A., dan Ali, B. (2016). Antioxidant peptidas from marine by-product: isolation, identification and application in the food system: a review. *Journal of Fuctional Foods*, Vol. 21:10-26.
- Silva, F. V. M., & Silveira, M. R. (2018). Application of bromelain extract in protein hydrolysis of fish. *Journal of Food Science and Technology*, 55(6), 2228-2236
- Simamora, A. (2015). Buku Ajar Blok 3 Biologi Sel 1: Asam Amino, Peptida, dan Protein. Fakultas Kedokteran Ukedra.
- Singh N, Kaur L, Sodhi NS, Sekhon KS. (2005). Physicochemical, cooking and textural properties of milled rice from different Indian rice cultivars. *Food Chem*. 89:253-259.
- Smith, A., Brown, J., & Williams, K. (2018). Structural and functional analysis of serum albumin. *Journal of Biochemistry*, 275(3), 345-359.
- Sholahuddin, M. A., Lastuti, N. D., & Amin, M. (2024). *Effect of differences bromelain enzyme concentration on protein hydrolysate from waste of tilapia viscera (*Oreochromis sp.*) on antioxidant activity*. Jurnal Biosains Pascasarjana, 26, 1–8. Sekolah Pascasarjana Universitas Airlangga.
- Sriket, P. (2018). Characteristics and functional properties of proteins in fish muscle. *International Journal of Food Science and Technology*, 53(2), 232-240.

- Suhartono, B., Sari, R. A., & Santoso, M. (2011). Profil asam amino dan kecernaan hidrolisat protein ikan teri dibandingkan dengan tepung ikan teri konvensional. *Jurnal Pangan dan Gizi*, 6(2), 99-106.
- Sunatrio S. (2003). Peran Albumin Pada Penyakit Kritis, Dalam Konsensus Pemberian Albumin Pada Sirosis Hati. Jakarta: Fakultas Kedokteran UI
- Suprayitno, E., & Sulistiyati, W. (2017). Kimia asam amino dan perannya dalam sintesis protein. *Jurnal Biokimia dan Bioteknologi*, 5(1), 45-60.
- Surono, I. S., et al. (2014). Proximate composition, amino acid and fatty acid profiles of marine fish and shellfish from south sulawesi waters. *Journal of Food Science and Technology*.
- Susanti, R. dan Fibriana, F. (2017). Teknologi Enzim. Yogyakarta: CV. Andi Offset.
- Susanty, A., & Kusumaningrum, I. (2021). Pengaruh waktu hidrolisis terhadap karakteristik hidrolisat protein ikan toman (*channa micropeltes*) asal das kalimantan timur effects of hydrolysis time on characteristic of hydrolysate protein of toman fish (*channa micropeltes*) from mahakam river, east kalimantan (Vol. 15, Issue 2).
- Sutrisno, A. (2017). Teknologi Enzim. Malang: Universitas Brawijaya Press
- Syah, Y. M., Andayani, R., & Mulyani, S. (2012). kandungan protein dalam hidrolisat protein ikan teri yang dihasilkan melalui proses hidrolisis enzimatik. *Jurnal Teknologi Hasil Perikanan*, 8(1), 45-52.
- Tacias-Pascacio, V. G., Castañeda-Valbuena, D., Tavano, O., Abellanas-Perez, P., de Andrades, D., Santiz-Gómez, J. A., Berenguer-Murcia, Á., & Fernandez-Lafuente, R. (2024). A review on the immobilization of bromelain. *International Journal of Biological Macromolecules*, 273(Part 2), 133089. <https://doi.org/10.1016/j.ijbiomac.2024.133089>
- Taheri, S., Motallebi, A.A., Fazlara, A., Aghababyan, A. and Aftabsavar, Y. (2017). Changes of fatty acid profiles in fillets of Cobia (*Rachycentron canadum*) during frozen storage. *Iranian Journal of Fisheries Sciences*, 11(1), 204-213
- Taniyo, W., Salimi, Y. K., & Iyabu, H. (2021). The protein hydrolyzate antioxidant characteristics and activities of nile fish (*awous melanolepis*). In *Jurnal Pendidikan Kimia dan Ilmu Kimia* (Vol. 4, Issue 2).
- Udenigwe, C. C. dan Aluko, R. E. (2011). Chemometric analysis of the amino acid requirement of antioxidant food protein hydrolysates. *International Journal of Molecular Sciences*, Vol. 12: 3148-3161.
- Utomo, W. B., Suryanigrum, T., & Harianto, T. (2014). Pengaruh variasi suhu dan waktu terhadap hasil hidrolisis protein ikan. *Jurnal Pengolahan dan Bioteknologi Perikanan*, 7(1), 35-42.

- Voet, D., & Voet. J. G. (2016). Biochemistry (4th ed.). John Wiley & Sons.
- Wahyuningtyas, W. S. (2018). Aktivitas Antioksidan Hidrolisat Protein Ikan Air Laut dan Ikan Air Tawar. Skripsi. Jurusan Teknologi Hasil Pertanian Fakultas Teknologi Pertanian Universitas Jember.
- Wang, S., et al. (2016). Quality characteristics of instant rice with different cooling methods. *Journal of Cereal Science*.
- Wardhani, A. W. K., Muhandri, T., Faridah, D. N., & Andarwulan, N. (2024). Karakteristik fisik, kimia, fungsional, dan sensori nasi gurih instan dibandingkan dengan nasi putih instan. *Jurnal Teknologi dan Industri Pangan*, 35(1), 92–105. <https://doi.org/10.6066/jtip.2024.35.1.92>
- Warris, P. D. (2017). Meat Science: An Introductory Text (2nd ed.). CABI Publishing
- Wenno, M. R., Leiwakabessy, J., Wattimena, M. L., Lewerissa, S., Savitri, I. K. E., Silaban, B. br., Nanlohy, E. E. E. M., & Tupan, J. (2022). Komposisi kimia dan profil asam amino dari hidrolisat enzimatik daging ikan kembung (*Rastrelliger sp.*). INASUA: Jurnal Teknologi Hasil Perikanan, 2(2), 70–74. <https://doi.org/10.30598/jinasua.2022.2.2.169>
- Whitaker, J.R., Voragen, A.G.J. dan Wong D.W.S. (2003). Handbook Of Food Enzymology, page 1052. New York: Marcel Dekker, Inc.
- Widianingsih, I. (2018). Utilization of anchovy as a sustainable food source in indonesia. *Journal of Marine and Fisheries Research*, 30(3), 156-165
- Widiastuti, R., et al. (2018). Effect of bromelain concentration and hydrolysis time on the functional properties of fish protein hydrolysate from mackerel (*rastrelliger sp.*). *International Journal of Food Science and Technology*.
- Widjanarko, S. B., et al. (2021). Optimasi waktu hidrolisis protein ikan kakap merah. *Jurnal Teknologi dan Industri Pangan*, 32(1), 17–24.
- Wijayanti, I., dan Laras Rianingsih Program Studi Teknologi Hasil Perikanan, R., Perikanan Fakultas Perikanan dan Ilmu Kelautan, J., Diponegoro Jl Soedarto, U., & Tembalang, S. (2016). Karakteristik hidrolisat protein ikan bandeng (*chanos chanos forsk*) dengan konsentrasi enzim bromelin yang *Indonesian Journal of Fisheries Science and Technology (IJFST)* 11(2), 129–133. www.wpi.kkp.go.id
- Wisuthiphaet, N. dan Kongruang, S. (2015). Production of fish protein hydrolysates by acid and enzymatic hydrolysis. *Journal of Medical and Bioengineering*, Vol. 4 (6): 466-470.
- Witono, Y., Maryanto, M., Taruna, I., Masahid, A. D., & Cahyaningati, K. (2020). Aktivitas antioksidan hidrolisat protein ikan wader (*Rasbora jacobsoni*) dari

- hidrolisis oleh enzim calotropin dan papain. *Jurnal Agroteknologi*, 14(1), 44–57.
- Wu, R., Wu, C., Liu, D., Yang, X., Huang, J., Zhang, J., Li, H. (2016). Overview of antioxidant peptidas derived from marine resources: the sources, characteristic, purification, and evaluation methods. *Applied Biochemistry and Biotechnology*, Vol. 176 (7): 1815–1833.
- Xiong, Y. L. (2010). Antioxidant Peptidas in Bioactive Proteins and Peptidas as Functional Foods and Nutraceuticals. USA: Blackwell Publishing Ltd. and Institute of Food Techonology.
- Yang, X., Li, Y., Li, S., Ren, X., Olayemi Oladejo, A., Lu, F., & Ma, H. (2020). Effects and mechanism of ultrasound pretreatment of protein on the maillard reaction of protein-hydrolysate from grass carp (*Ctenopharyngodon idella*). *Ultrasonics Sonochemistry*, Vol. 64.
- Yu, Kuang-Cheng., Chien-Cheng. Chen, and PeiCheng Wu. (2011). Research on application and rehydration rate of vacuum freeze drying of rice. *Journal of Applied Sciences* 11 (3): 535– 41.
- Yuliani, S., et al. (2015). Nutritional composition and potensial health benefits of anchovies (*Stolephorus spp*). *Journal of Aquatic Food Product Technology*.
- Yuniarti, T., A.Prayudi., L.Supentti., H.Suhrawarden dan P.Martosuyono. (2021). Produksi dan profil kimia hidrolisat protein dari hasil samping pengolahan udang segar. *Jurnal Perikanan*. 23(1):63-69.
- Yusnaini, et al. (2020). Potensi hidrolisat protein kepala ikan tuna sebagai antioksidan. *Jurnal Biotehnologi Tropis*, 17(3), 101–110.
- Zarei, M., Muhialdin, B. J., & Hassanzadeh, K. (2022). *Enzymatic hydrolysis of proteins*. In *Bioactive Peptides from Food: Production and Health Benefits* (pp. 217–245). CRC Press.
- Zayas, J. F. (2016). Functionality of proteins in food. *Journal of Applied Sciences* 15 (6): 65–12
- Zhang, Y., Venkitasamy, C., Pan, Z., & Wang, W. (2015). Mechanism of protein hydrolysis and application of hydrolysates in food industry. *Food Science & Technology*.
- Zhang, S. B., Wang, Z., Xu, S. Y. (2010). Antioxidant activity of a novel peptide from silver carp (*Hypophthalmichthys molitrix*) protein hydrolysate. *Food Chemistry*, 126(1), 121–126.
<https://doi.org/10.1016/j.foodchem.2010.10.086>