Suro Porridge and Its Nutritional Content

Abstrak:

Suro porridge is a traditional meal in Java and served on 1st Suro with the purpose to celebrate the Javanese new year. Beside the cultural purposes, it’s needed to know the nutritional value of the suro porridge and to understand the effect to the people’s nutritional status especially for the poor. An explorative case study was carried out to explore nutrients content of the suro porridge. The ingredient of this Javanese meal is rice, salt, coconut milk, and other spices. In cultural ceremonial, Suro porridge was serve with other meals as complement menus such as chicken salad, scramble egg, fried nut and red chili. Nutrient analysis was done for one serving size of 100 g suro porridge. The analysis showed that the suro porridge consisted of 524.55 kal Energy, 21.19 g Protein, 33.95 g Fat, 52 g Carbohydrate, 142.21 g Calcium, 263.92 g Phosphor, 3.6 mg Iron, 286.2 mg Caroten, 151.2 IU Vitamin A, 0.185 mg Vitamin B, and 2.19 mg Vitamin C. The suro porridge is not a main staple food but it can be used as an additional food which has a high nutritional value.

Keyword:

suro porridge, nutrition, traditional meal