

## **ABSTRAK**

Monosodium glutamat (MSG) sering digunakan sebagai penyedap rasa dalam masakan sehari-hari, meskipun konsumsi berlebihan dapat menyebabkan kecanduan makan (Binge Eating) yang berujung pada masalah kesehatan serius seperti obesitas, hipertensi, diabetes, dan penyakit kardiovaskular. Di Pulau Kangean, Kabupaten Sumenep, terdapat tanaman liar bernama canggeret yang sering digunakan masyarakat setempat sebagai pengganti MSG karena rasa gurih yang dihasilkan. Tanaman ini memiliki daun berwarna hijau dengan tepi kemerahan dan memiliki kesamaan bentuk bunga dengan Hibiscus Sabdariffa. Canggeret, yang langka dan endemik di Pulau Kangean, dapat membantu mempercepat proses memasak, terutama bagi wanita karir dan ibu rumah tangga, serta berpotensi mengurangi dampak negatif dari konsumsi MSG berlebihan. Dalam penelitian ini, canggeret diolah menjadi serbuk menggunakan beberapa metode pengeringan, yaitu freeze drying dan foam mat, untuk memudahkan penyimpanan dan pemanfaatannya sebagai pengganti MSG yang lebih sehat.

***Kata kunci:*** Canggeret, Kangean, MSG, Binge Eating, Serbuk

## ABSTRACT

Monosodium glutamate (MSG) is often used as a flavoring in everyday cooking, although excessive consumption can cause binge eating which can lead to serious health problems such as obesity, hypertension, diabetes and cardiovascular disease. On Kangean Island, Sumenep Regency, there is a wild plant called canggeret which local people often use as a substitute for MSG because of the savory taste it produces. This plant has green leaves with reddish edges and has the same flower shape as Hibiscus Sabdariffa. Canggeret, which is rare and endemic to Kangean Island, can help speed up the cooking process, especially for career women and housewives, and has the potential to reduce the negative impacts of excessive MSG consumption. In this research, canggeret was processed into powder using several drying methods, namely freeze drying and foam mat to make it easier to store and use as a healthier substitute for MSG.

***Keywords:*** *Canggeret, Kangean, MSG, Binge Eating, Powder*