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PROPORSI IKAN SELUANG (*RASBORA SPP*) DAN TEPUNG TAPIOKA TERHADAP KANDUNGAN PROTEIN, ZAT BESI, *ZINC*, SERTA DAYA TERIMA AMPLANG SEBAGAI MAKANAN SELINGAN BAGI REMAJA *STUNTING*

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Masalah stunting dapat dicegah salah satunya dengan memperbaiki pola makan dengan memperhatikan kecukupan asupan zat gizi. Anak remaja umumnya memiliki kesukaan akan makanan jajanan. Amplang merupakan jenis makanan jajanan khas Kalimantan Selatan berbahan baku ikan. Ikan seluang merupakan ikan air tawar yang memiliki kandungan gizi protein, zat besi, dan *zinc* yang cukup banyak. Tujuan dari penelitian ini untuk mengetahui kandungan protein, zat besi, *zinc*, dan daya terima (warna, aroma, tekstur, dan rasa) amplang sebagai makanan selingan remaja *stunting*. Pada penelitian dilakukan pengujian kandungan protein, zat besi, *zinc*, dan daya terima pada amplang dengan proporsi ikan seluang dan tepung tapioka (30% : 70%, 40% : 60%, 50% : 50%, 60% : 40%). Berdasarkan hasil penelitian kandungan protein tertinggi pada perlakuan P3 sebesar 5,465%, kadar zat besi tertinggi pada perlakuan P3 sebesar 19,9, dan kadar *zinc* tertinggi pada perlakuan P3 sebesar 10,04. Dari analisis *one way Anova* diketahui ada pengaruh proporsi ikan seluang dan tepung tapioka terhadap kadar protein ($p=0,028$), kadar *zinc* ($p=0,025$), sedangkan pada kandungan zat besi diketahui tidak ada pengaruh proporsi ikan seluang dan tepung tapioka ($p=0,380$). Dari uji *friedman* pada daya terima terhadap warna ($p=0,000$), aroma ($p=0,000$), rasa ($p=0,000$), dan tekstur ($p=0,000$) artinya ada pengaruh proporsi ikan seluang dan tepung tapioka terhadap daya terima amplang seluang. Daya terima amplang seluang pada warna yang memiliki nilai tertinggi pada P1 (3,2), aroma P2 (3,23), rasa P3 (3,5), dan tekstur P3 (3,63). Pada remaja *stunting* dapat mengkonsumsi amplang seluang pada perlakuan P3 dikarenakan kandungan protein dan *zinc* dalam 100gram amplang cukup tinggi.

Kata kunci : Ikan Seluang, Tepung Tapioka, Protein, Zat Besi, *Zinc*, daya terima, *Stunting*.

ABSTRACT

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PROPORTION OF SELUANG FISH (*RASBORA SPP*) AND TAPIOCA FLOUR ON PROTEIN CONTENT, IRON, ZINC, AND ACCEPTABILITY AMPLANG AS A SNACK FOR STUNTING TEENS.

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Stunting problems can be prevented one of them by improving the diet by paying attention to the adequacy of nutrient intake. Teenagers generally have a fondness for hawker food. Amplang is a type of food typical of South Kalimantan made from fish. Seluang fish is a freshwater fish that has a nutrient content of protein, iron, and zinc that is quite a lot. The purpose of this study is to find out the protein content, iron, zinc, and receiving power (color, aroma, texture, and taste) of amplang as a stunting juvenile intercession food. In the study, testing the content of protein, iron, zinc, and receiving power in amplang with the proportion of seluang fish and tapioca flour (30% : 70%, 40% : 60%, 50% : 50%, 60% : 40%). Based on the results of the study the highest protein content in P3 treatment was 5.465%, the highest iron content in P3 treatment was 19.9, and the highest zinc level in P3 treatment was 10.04. From one way analysis Anova found there was an influence of the proportion of seluang fish and tapioca flour on protein levels ($p=0.028$), zinc levels ($p=0.025$), while in iron content it was known that there was no influence on the proportion of seluang fish and tapioca flour ($p=0.380$). Friedman's tests on color teaadap ($p=0.000$), aroma ($p=0,000$), flavor ($p=0,000$), and texture ($p=0,000$) mean there is an influence of the proportion of seluang fish and tapioca flour on the receiving of seluang amplang. Amplang receiving in colors that have the highest value in P1 (3.2), P2 aroma (3.23), P3 flavor (3.5), and P3 texture (3.63). in stunted adolescent can consume amplang seluang on treatment P3 because of protein and zinc in 100gram amplang is high.