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PENGARUH FORMULASI TEPUNG TERIGU, TEPUNG IKAN GABUS, TEPUNG KALAKAI TERHADAP KADAR PROTEIN DAN ZAT BESI SERTA DAYA TERIMA MIE BASAH

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Mie basah merupakan makanan yang digemari oleh masyarakat luas, namun kandungan gizi mie relatif rendah. Penelitian ini bertujuan mengetahui formulasi tepung terigu, tepung ikan gabus dan tepung kalakai terhadap kadar protein dan zat besi serta daya terima (warna, aroma, tekstur dan rasa) mie basah. Penelitian ini bersifat eksperimen dengan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan dan 3 kali replikasi dengan proporsi tepung terigu, tepung ikan gabus dan tepung kalakai P0 (100%:0%:0%), P1 (90%:5%:5%), P2 (80%:10%:10%) dan P3 (70%:15%:15%). Analisa data kadar protein dan zat besi menggunakan *one way anova*, sedangkan untuk daya terima menggunakan analisis *friedman*. Hasil menunjukkan bahwa nilai rata-rata kadar protein tertinggi pada P3 yaitu 8,53% dengan uji statistik ($p=0,002 < \alpha=0,05$), sedangkan pada nilai rata-rata uji kadar zat besi tertinggi pada P0 yaitu 7,69 mg dengan uji statistik ($p=0,696 > \alpha=0,05$), hasilnya menunjukkan tidak ada pengaruh tepung terigu, tepung ikan gabus dan tepung kalakai terhadap zat besi. Daya terima mie basah ada pengaruh pada warna ($p=0,000 < \alpha=0,05$), aroma ($p=0,000 < \alpha=0,05$), tekstur ($p=0,000 < \alpha=0,05$) dan rasa ($p=0,000 < \alpha=0,05$).

Kata kunci : Daya terima, Kadar Protein, Kadar Zat Besi, Mie Basah, Tepung Ikan Gabus, Tepung Kalakai.

ABSTRACT

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THE EFFECTS OF FORMULATING WHEAT FLOUR, CORK-FISH FLOUR, KALAKAI FLOUR ON PROTEIN LEVELS AND IRON AND RECEIVING POWER OF WET NOODLE.

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The wet noodle is a favorite food by many people, but actually the nutrition of wet noodle is relatively low. This research aims to determine the formulation of wheat flour, cork fish flour, and canned flour against the level of protein and iron as well as the receiving power (color, aroma, texture and flavor) of wet noodles. The study was experimental with a complete randomness (RAL) with 4 treatments and 3 times replications with the proportion of wheat flour, cork fish flour and P0 kalakai flour (100%: 0%: 0%), P1 (90%: 5%: 5%), P2 (80%: 10%: 10%) and P3 (70%: 15%: 15%). Analysis of protein and iron level data using one way ANOVA, while for receiving power using Friedman analysis. Results showed that the average value of the highest protein levels in P3 was 8.53% with statistical tests ($p = 0,002 < \alpha = 0.05$), while at the average value of the test of the highest iron levels at P0 of 7.69 mg with statistical tests ($p = 0,696 > \alpha = 0.05$), the results showed no influence on wheat flour, cork fish flour and iron flour against ferrous substances. Receiving power noodles There is an influence on the color ($p = 0,000 < \alpha = 0.05$), aroma ($p = 0,000 < \alpha = 0.05$), texture ($p = 0,000 < \alpha = 0.05$) and flavor ($p = 0,000 < \alpha = 0.05$).