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ANALISIS KADAR PROTEIN, KALSIUM, ZAT BESI, DAN DAYA TERIMA KERUPUK IKAN SELUANG *(Rasbora spp)* DAN KALAKAI *(Stenochlaena palustris)* SEBAGAI MAKANAN SELINGAN IBU HAMIL DAN WANITA USIA SUBUR (WUS) KURANG ENERGI KRONIK (KEK)

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(xvi + 110)

Ikan Seluang *(Rasbora Spp)* dan Kalakai *(Stenachlaena palutris)* merupakan bahan makanan tinggi zat gizi protein, kalsium dan zat besi. Makanan selingan yang banyak disukai wanita usia subur dan ibu hamil adalah kerupuk. Penelitian ini bertujuan mengetahui kadar protein, kalsium, zat besi dan daya terima (warna, aroma, tekstur, rasa) kerupuk ikan seluang dan kalakai sebagai makanan selingan ibu hamil dan wanita usia subur KEK. Penelitian ini bersifat eksperimen dengan Rancangan Acak Lengkap (RAL) dengan 4 perlakuan dan 3 kali replikasi dengan proporsi ikan seluang dan kalakai P0 (100%:0), P1 (70%:30%), P2 (50%:50%), dan P3 (30%:70%). Uji daya terima yang dilakukan oleh 30 orang panelis konsumen. Uji protein yaitu menggunakan metode kjeldahl, kalsium menggunakan metode titrimetri, dan zat besi menggunakan metode spektrofotometri. Analisis data kadar protein, kalsium dan zat besi menggunakan *One Way Anova,* sedangkan untuk daya terima menggunakan analisis *Friedman.* Hasil penelitian menunjukkan bahwa kadar protein tertinggi pada P0 yaitu 22,56% didapat hasil statistik (p=0,003), kadar kalsium tertinggi pada P0 yaitu 387,07mg/100g didapat hasil statistik (p=0,032), dan kadar zat besi tertinggi pada P1 yaitu 56,93mg/100g didapat hasil statistik (p=0,157). Rata-rata daya terima warna dengan nilai tertinggi pada P0 (3,20), daya terima meliputi aroma, tekstur dan rasa dengan nilai tertinggi pada P1 (3,23, 3,27, 3,23). Pengaruh proporsi ikan seluang dan kalakai terbukti memiliki pengaruh terhadap daya terima pada kerupuk seluang dan kalakai karena p<α=0,05. Kerupuk perlakuan pertama (P1) dapat dijadikan alternatif makanan selingan wanita usia subur dan ibu hamil KEK.

Kata kunci : Kerupuk, ikan seluang, kalakai, ibu hamil.

ABSTRACT

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ANALYSIS OF PROTEIN, CALCIUM, IRON, AND ACCEPTANCE ABILITY OF CRAKERS SELUANG FISH (Rasbora spp) AND KALAKAI (Stenochlaena palustris) AS A FOOD FOR CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN AND WOMEN REPRODUCTIVE AGE (WRA)

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Seluang fish (Rasbora Spp) and Kalakai (Stenachlaena palutris) are food ingredients high in protein, calcium and iron nutrients. The snack that many women of childbearing age and pregnant women like is crackers. This study aims to determine the content of protein, calcium, iron and acceptability (color, aroma, texture, taste) of seluang and kalakai fish crackers as a snack for pregnant women and women of childbearing age KEK. This study is an experimental study with a completely randomized design (CRD) with 4 treatments and 3 replications with the proportions of seluang and kalakai fish P0 (100%:0), P1 (70%:30%), P2 (50%:50%), and P3 (30%:70%). Acceptance test conducted by 30 consumer panelists. Protein test using the Kjeldahl method, calcium using the titrimetric method, and iron using the spectrophotometric method. Data analysis of protein, calcium and iron content used One Way Anova, while for acceptability usinganalysis Friedman. The results showed that the highest protein content at P0 was 22,56%, statistical results were obtained (p=0.003), the highest calcium content at P0 was 387,07mg/100g obtained statistical results (p=0.032), and the highest iron content at P1 was 56,93mg/100g obtained statistical results (p=0.157). The average color acceptance with the highest value is at P0 (3.20), the acceptability includes aroma, texture and taste with the highest value at P1 (3.23, 3.27, 3.23). The effect of the proportion of seluang and kalakai fish is proven to have an effect on the acceptability of seluang and kalakai crackers because p<α=0.05. The first treatment crackers (P1) can be used as an alternative snack for women reproductive age and pregnant women with KEK.