

ABSTRAK

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PENGARUH PROPORSI IKAN SELUANG (*Rasbora Spp*) DAN TEPUNG DAUN KELOR (*Moringa oleifera*) TERHADAP KANDUNGAN PROTEIN, ZAT BESI, DAN DAYA TERIMA AMPLANG SEBAGAI ALTERNATIF MAKANAN SELINGAN PENDERITA ANEMIA REMAJA PEREMPUAN

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Ikan seluang dan tepung daun kelor yang tinggi kandungan protein dan zat besi dapat diolah menjadi amplang sebagai alternatif makanan selingan remaja perempuan penderita anemia. Penelitian ini bertujuan untuk mengetahui pengaruh proporsi ikan seluang dan tepung daun kelor terhadap kandungan protein, zat besi, dan daya terima amplang. Jenis penelitian adalah eksperimen dengan desain penelitian yang digunakan adalah Rancangan Acak Lengkap (RAL). Terdapat 4 jenis proporsi, yaitu proporsi P0 (100% ikan seluang :0% tepung daun kelor), P1 (85% ikan seluang:15% tepung daun kelor), P2 (65% ikan seluang :35% tepung daun kelor) dan P3 (50% ikan seluang :50% tepung daun kelor) dengan 3 kali pengulangan. Panelis penelitian terdiri 30 panelis agak terlatih. Berdasarkan Hasil uji daya terima amplang paling disukai yaitu pada perlakuan pertama (P1) dengan Kandungan protein per 100 g amplang yaitu 11,860 % kandungan zat besi per 100 g amplang yaitu 0,0723 mg/g sehingga amplang ini dapat dijadikan alternatif makanan selingan sebanyak 55-110g amplang untuk mencukupi kebutuhan protein remaja dari makanan selingan sedangkan untuk mencukupi kebutuhan zat besi remaja dari makanan selingan sebanyak 207-415 g amplang. Terdapat pengaruh antara P0, P1, P2, P3, pada karakteristik warna ($p= 0,000$), aroma ($p= 0,000$), tekstur ($p= 0,000$), dan rasa ($p=0,000$). Perlakuan terbaik dari kandungan protein, zat besi, dan uji daya terima, berdasarkan perhitungan dengan uji efektivitas adalah P1 (85% ikan seluang:15% tepung daun kelor).

Kata Kunci : Ikan Seluang, Tepung Daun Kelor, Amplang, Protein, Zat Besi

ABSTRACT

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THE PROPORTION OF SELUANG FISH (*Rasbora Spp*) AND MORINGA LEAF FLOUR (*Moringa Oleifera*) ON PROTEIN, IRON, AND ACCEPTANCE AMPLANG AS AN ALTERNATIVE SNACK FOR ANEMIA SUFFERERS IN ADOLESCENT GIRLS

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Seluang fish and Moringa leaf flour which are high in protein and iron content can be processed into amplang as an alternative snack for adolescent girls with anemia. This study aims to determine the effect of the proportions of seluang fish and Moringa leaf flour on the protein content, iron, and acceptability of amplang. This type of research is experimental with the research design used is Completely Randomized Design (CRD). There are 4 types of proportions, namely the proportion of P0 (100% seluang fish: 0% Moringa leaf flour), P1 (85% seluang fish: 15% Moringa leaf flour), P2 (65% seluang fish: 35% Moringa leaf flour) and P3 (50% seluang fish: 50% Moringa leaf flour) with 3 repetitions. The research panelists consisted of 30 moderately trained panelists. Based on the results of the acceptance test, the most preferred amplang was in the first treatment (P1) with a protein content per 100 g of amplang which was 11.860% iron content per 100 g amplang which was 0.0723 mg/g so that this amplang could be used as an alternative snack as much as 55- 110g of amplang to meet the protein needs of teenagers from snacks is medium to meet the iron needs of teenagers from snacks as much as 207-415 g of amplang. There is an influence between P0, P1, P2, P3, on the characteristics of color ($p= 0.000$), aroma ($p= 0.000$), texture ($p= 0.000$), and taste ($p=0.000$). The best treatment was assessed from the best composition, acceptability test, and protein and iron content based on calculations with the Degarmo formula was P1 (85% seluang fish: 15% Moringa leaf flour).

Keywords : *Seluang Fish, Moringa Leaf Flour, Amplang, Protein, Iron*