

ABSTRAK

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PENGARUH PROPORSI TEPUNG DAUN KELOR (*Moringa oleifera*) TERHADAP KADAR ZAT BESI DAN VITAMIN C, SERTA TINGKAT KESUKAAN COOKIES SEBAGAI MAKANAN SELINGAN REMAJA PEREMPUAN UNTUK MENCEGAH ANEMIA

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Daun kelor merupakan bahan makana tinggi zat besi dan vitamin C sehingga dapat di upayakan untuk mencegah anemia pada remaja perempuan. *Cookies* merupakan salah satu makanan manis yang banyak disukai banyak orang. Penelitian ini bertujuan untuk menganalisis pengaruh proporsi tepung daun kelor terhadap kadar zat besi, vitamin C dan tingkat kesukaan (warna, aroma, tekstur dan rasa) *cookies tepung daun kelor*. Penelitian ini merupakan penelitian eksperimental dengan Rancangan Acak Lengkap (RAL) yaitu proporsi tepung terigu dan daun kelor terdiri 4 perlakuan yaitu P0= 100%:0%, P1= 75%:25%, P2= 50%:50% dan P3= 25%:75% dengan 3 kali replikasi. Responden berjumlah 30 panelis agak terlatih. Kadar zat besi ditentukan menggunakan metode *Spectrophotometry visible*, sedangkan kadar vitamin C ditentukan menggunakan metode *pereaksi benedict*. Tingkat kesukaan dianalisis menggunakan hedonic scale scoring. Pengaruh proporsi terhadap kadar zat besi dan vitamin C dianalisis menggunakan uji ANOVA, sedangkan pengaruh proporsi terhadap tingkat kesukaan dianalisis menggunakan uji *friedman*. Hasil penelitian menunjukkan bahwa kadar zat besi tertinggi pada P3 (0,504 mg), kadar vitamin C tertinggi pada P3 (7,763 mg) dan tingkat kesukaan tertinggi terdapat pada P1 (1,08) berdasarkan uji indeks efektivitas *De Garmo*. Hasil penelitian menunjukkan proporsi tepung terigu dan tepung daun kelor berpengaruh terhadap kadar zat besi ($p=0,001$) dan vitamin C ($p=0,001$), dan berpengaruh terhadap tingkat kesukaan (warna, aroma, tekstur, rasa) ($p<0,05$) pada *cookies*.

Kata kunci: Cookies, daun kelor, tingkat kesukaan, vitamin C, zat besi.

ABSTRACT

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EFFECT OF PROPORTION OF MORINGA LEAF FLOUR (*Moringa oleifera*) ON LEVELS OF IRON, VITAMIN C LEVELS, AND THE LEVEL OF COOKIES LIKE ADDITIONAL FOODS FOR FEMALE ADOLESCENTS TO PREVENT ANEMIA

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Moringa leaves are food ingredients high in iron and vitamin C so that efforts can be made to prevent anemia in teenage girls. Cookies are one of the sweet foods that many people like. This study aimed to determine the levels of iron, vitamin C and level of preference (color, aroma, texture and taste) of Moringa leaf flour cookies. This research was an experimental study with Completely Randomized Design (CRD), namely the proportion of wheat flour and Moringa leaves consisted of 4 treatments, namely P0 = 100%:0%, P1 = 75%:25%, P2 = 50%:50% and P3 = 25 %:75% with 3 replications. Respondents in this study are 30 somewhat trained panelists. Iron levels were determined using the Visible Spectrophotometry, while vitamin C levels were determined using a method Benedict's reagent. The preferench level was determinated using the hedonic scale scoring hedonic scale scoring. The effect of the proportion on the levels of iron and vitamin C was analyzed using the ANOVA test, while the effect of the proportion on the level of preference was analyzed using the Friedman test. The results showed that the highest iron content was at P3 (0.504 mg), the highest vitamin C level was found in P3 (7.763 mg) and the highest preference level was P1 (1.08) based on the De Garmo effectiveness index test. The results showed that the proportions of wheat flour and moringa leaf flour affected the levels of iron ($p=0.001$) and vitamin C ($p=0.001$), and affected the level of preference (color, aroma, texture, taste) ($p<0.05$). on cookies.

Keywords: *Cookies, iron, Moringa leaves, preference level, vitamin C*