

ABSTRACT

Chronic energy deficiency (CED) for pregnant women is a condition of chronic malnutrition. Chronic energy deficiency has a negative impact on maternal health and fetal growth. A good diet for pregnant women must provide sources of carbohydrates, protein and fat as well as vitamins and minerals as needed. Purple sweet potatoes and cowpeas are foods high in carbohydrates and protein as well as other nutrients, so efforts can be made to fulfill the nutrition of pregnant women. Churros are a product that is popular with the public. This research aims to determine the effect of nutritional value and level of liking (color, aroma, texture and taste) of purple sweet potato puree and cowpea flour churros. This research is an experimental study with a Completely Randomized Design (CRD), namely the proportion of purple sweet potato puree and cowpea flour consisting of 4 treatments, namely P0= 0%:0%, P1= 22.5%:52.5%, P2= 37.5 %:37.5%, P3= 52.5%:22.5% with 3 replications. The respondents were 30 semi-trained panelists. Data analysis for carbohydrate, protein, fat, water and fiber content used One way ANOVA, while for the level of preference used Friedman analysis. The highest carbohydrate content of P3 is 40.56%, the highest protein P1 is 9.28%, the highest fat P1 is 26.06%, the highest water P1 is 28.46%, the highest fiber P1 is 553.1 mg and the highest level of preference in P1 (2.35) based on de Garmo Effectiveness Index test. The results showed that there were differences in the nutritional value content tested on all treatments ($p < 0.05$). There was an effect of the addition of purple yam puree and cowpea flour on the level of preference in all treatments, indicated by the value of significance ($p = 0.001$).

ABSTRAK

Ibu hamil kekurangan energi kronis (KEK) adalah salah satu keadaan malnutrisi yang berlangsung menahun. Kekurangan energi kronis memiliki dampak buruk terhadap kesehatan ibu dan pertumbuhan perkembangan janin. Ibu hamil dikategorikan Kek jika LiLA $< 23,5$ cm. Pola makanan yang baik bagi ibu hamil harus memenuhi sumber karbohidrat, protein, dan lemak serta vitamin dan mineral sesuai kebutuhan. Ubi ungu dan kacang tunggak merupakan bahan makanan tinggi karbohidrat dan protein serta zat gizi lainnya sehingga dapat diupayakan untuk memenuhi gizi ibu hamil. Churros merupakan salah satu produk yang digemari masyarakat. Penelitian ini bertujuan untuk mengetahui pengaruh nilai gizi dan tingkat kesukaan (warna, aroma, tekstur, dan rasa) churros puree ubi ungu dan tepung kacang tunggak. Penelitian ini merupakan penelitian eksperimental dengan Rancangan Acak Lengkap (RAL) yaitu proporsi puree ubi ungu dan tepung kacang tunggak terdiri 4 perlakuan yaitu P0= 0%:0%, P1= 22,5%:52,5%, P2= 37,5%:37,5%, P3= 52,5%:22,5% dengan 3 replikasi. Responden berjumlah 30 orang panelis semi terlatih. Analisis data kandungan karbohidrat, protein, lemak, air, dan serat menggunakan One way anova, sedangkan untuk tingkat kesukaan menggunakan analisis Friedman. Kandungan karbohidrat tertinggi P3 yaitu 40,56%, protein tertinggi P1 yaitu 9,28%, lemak tertinggi P1 yaitu 26,06%, air tertinggi P1 yaitu 28,46%, serat tertinggi P1 yaitu 553,1 mg serta tingkat kesukaan tertinggi pada P1 (2,35) berdasarkan uji indeks efektivitas De Garmo. Hasil penelitian menunjukkan bahwa terdapat pengaruh kandungan nilai gizi yang diuji pada semua perlakuan ($p < 0,05$). Terdapat pengaruh penambahan puree ubi ungu dan tepung kacang tunggak terhadap tingkat kesukaan pada semua perlakuan, ditunjukkan dengan nilai signifikansi ($p = 0,001$).