

***Analysis Of Protein Content, Iron And Acceptability Tilapia (*Oreochromis niloticus*)
And Spinach (*Amaranthus spp*) Pempek***

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ABSTRACT

Tilapia and spinach are foods high in protein and iron nutrients. Pempek is a food interspersed that is favored by all circles, especially adolescent. This study aims to find out the protein content, iron and acceptability (color, aroma, texture and taste) tilapia and spinach pempek as a food interspersed adolescent girls to prevent anemia. This study is an experimental study with a Complete Randomized Design that is with the proportion of tilapia and spinach consists of 4 treatments namely P0= 100%:0%, P1= 90%:10%, P2= 80%:20% and P3= 70%:30%. The protein content was tested by Kjeldahl method and the iron content was tested with visionary spectrometry method. While statistical analysis of protein and iron content using One Way Anova test and acceptability using Friedman analysis. The results of this study are known that the average protein content is P0 which is 7.11% and the highest iron is P3 which is 17.56 mg /100 g. The results of statistical analysis showed there is an influence on the protein content in tilapia and spinach pempek $p=0,000$, there is an influence on the iron content in tilapia pempek and $p=0.000<\alpha$, Proportion of tilapia and spinach is shown to have an influence on the acceptability (color, aroma, texture) in tilapia and spinach boiled pempek and acceptability (color, aroma, taste and texture) in tilapia and spinach fried pempek because $p<0.05$. And proved to have no influence on the acceptability of texture on tilapia and spinach boiled pempek because $p>0.05$. Pempek in the first treatment (P1) can be an alternative to eating adolescent girls interspersed to prevent anemia by consuming 136 grams.

Keywords: Pempek, tilapia, spinach, adolescent girls, anemia.