

**FORMULASI DIMSUM DENGAN PENAMBAHAN TEPUNG DAUN
KELOR “DIMDANLOR” TERHADAP KADAR BESI DAN DAYA
TERIMA DIMSUM SEBAGAI MAKANAN SUMBER FE BAGI REMAJA
PUTRI**

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ABSTRAK

Latar Belakang : Anemia Gizi Besi merupakan suatu keadaan ketika jumlah sel darah merah atau konsentrasi pengangkut oksigen dalam darah/hemoglobin tidak mencukupi untuk kebutuhan fisiologis tubuh. *Cut off point* anemia berbeda-beda antara kelompok umur, maupun golongan individu. remaja dikategorikan anemia apabila kadar HB kurang dari 12 gr/dl. Kandungan zat besi dalam daun kelor bubuk sebesar 60,5 mg/100 gr. Oleh sebab itu, untuk mencegah terjadinya anemia maka perlu adanya modifikasi makanan berupa dimsum tepung daun kelor. Dengan menambahkan tepung daun kelor pada dimsum bisa menjadi makanan alternatif sumber fe bagi remaja putri. **Tujuan :** Mengetahui formulasi dimsum tepung daun kelor terhadap daya terima dan kadar besi dimsum sebagai makanan sumber Fe bagi remaja putri. **Metode :** Perlakuan uji organoleptik terdapat 1 kontrol dan 2 perlakuan. Hasil uji organoleptik, akan dilakukan analisis Uji Kruskal Wallis dan dilanjutkan Uji Mann Whitney untuk mengetahui adanya perbedaan formulasi antar perlakuan. Selanjutnya dilakukan uji kadar besi pada produk yang paling disukai panelis dengan menggunakan uji SSA (Spektrofotometer Serapan Atom. **Hasil :** Berdasarkan sifat organoleptik, dimsum yang paling disukai oleh panelis adalah dimsum dengan kode B2E dengan formulasi tepung tapioka : tepung daun kelor = 90% : 10% Kadar besi rata rata tepung daun kelor tertinggi pada kode B2E sebesar 0,028 mg per 100 gram .

Kata kunci: Anemia remaja putri, tepung tapioka, tepung daun kelor

DIMSUM FORMULATION WITH THE ADDITION OF MORINGA FLOUR “DIMDANLOR” TOWARDS IRON LEVELS AND DIMSUM ACCEPTANCE AS FOOD SOURCES OF FE FOR ADOLESCENT PRIVATE VOCATIONAL SCHOOL

ABSTRACT

Background : Iron nutrition anemia is a condition when the number of red blood cells or the concentration of oxygen carriers in the blood / hemoglobin is not sufficient for the physiological needs of the body. The cut off point for anemia varies between age groups and individual groups. Adolescent is categorized as anemia if the HB level is less than 12 gr / dl. Iron content in powdered Moringa leaves is 60.5 mg / 100 gr. Therefore, to prevent anemia, it is necessary to modify the food in the form of moringa leaf flour dimsum. By adding Moringa leaf flour to dim sum, it can be an alternative food source for young women. **Objective:** To determine the formulation of moringa leaf meal dim sum on the acceptability and iron content of dim sum as a source of iron for young women. **Methods:** There were 1 control and 2 treatments for the organoleptic test. The results of the organoleptic test will be carried out by the Kruskal Wallis test analysis and continued with the Mann Whitney test to determine the difference in formulation between treatments. Furthermore, the iron content test was carried out in the most preferred product by the panelists using the AAS test (Atomic Absorption Spectrophotometer). **Results:** Based on the organoleptic properties, the most preferred dim sum by the panelists was the dim sum with B2E code with tapioca flour formulation: Moringa leaf flour = 90%: 10% The highest average iron content of Moringa leaf flour at B2E code is 0.028 mg per 100 grams.

Keywords: Anemia in adolescent girls, tapioca flour, Moringa leaf powder