

**MODIFIKASI KLEPON DENGAN PENAMBAHAN
BUAH ARBEI DAN TEPUNG KACANG MERAH “CARBEI”
SEBAGAI ALTERNATIF KUDAPAN SUMBER FE BAGI IBU HAMIL**

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. Ibu hamil dikategorikan anemia apabila kadar HB kurang dari 11 gr/dl. **Tujuan** Mengidentifikasi uji organoleptik dan menganalisis kadar besi formulasi “Klepon dengan penambahan buah arbei dan tepung kacang merah” sebagai alternatif kudapan sumber Fe bagi ibu hamil. **Metode** Metode penelitian yang digunakan dalam penelitian ini adalah penelitian eksperimental dengan perlakuan uji organoleptik terdapat 2 bentuk perlakuan (Tepung ketan : tepung kacang merah : buah arbei) berat per butir klepon 20 gr dengan formulasi KKB1 (67% : 24% : 9%) dan KKB2 (67% : 26% : 7%), Penilaian uji organoleptik menggunakan skala hedonik maka dapat diketahui hasil kesukaan secara umum berdasarkan warna, rasa, aroma dan tekstur, Data hasil uji kadar besi menggunakan uji SSA (Spektrofotometer Serapan Atom) melalui Laboratorium dengan melihat kandungan besi pada klepon original dan klepon hasil terbaik dari uji organoleptik. **Hasil** Berdasarkan sifat organoleptik, klepon yang paling disukai oleh panelis adalah klepon dengan kode KKB2 dengan formulasi tepung ketan : tepung kacang merah : buah arbei = 67% : 26% : 7% Kadar besi rata rata klepon tertinggi pada kode KKB2 dengan formulasi 67% : 26% : 7% sebesar 42,75 mg zat besi per 1 kg klepon dan 0,8 mg zat besi per 1 porsi klepon. **Kesimpulan** yang paling disukai panelis ialah klepon KKB2 dengan kandungan Fe 0,8 mg/butir, dari hasil uji kruskall wallys dan mann witney didapatkan bahwa yang terdapat perbedaan signifikan hanya pada indikator aroma saja.

Kata kunci: *Anemia ibu hamil, tepung ketan, tepung kacang merah, buah arbei, klepon*

**THE MODIFICATION OF KLEPON BY ADDING BERRIES
AND RED BEAN FLOUR TO BECOME “CARBEI” AS AN
ALTERNATIVE
SNACK OF FE SOURCE FOR EXPECTANT MOTHERS**

ABSTRACTS

Backgrounds: Iron Nutrition Anemia is a condition when the number of red blood cells or the concentration of oxygen carriers inside the blood/haemoglobin are insufficient for body's physiological needs. The cut-off point of anemia is diverse in each age groups, as well as individual groups. Expectant mothers are categorized as anemia if the HB level is less than 11 g/dL. **Aims:** To identify organoleptic test and to analyze the iron-contents of “Klepon by adding berries and red bean flour” formulations as an alternative snack of Fe source for expectant mothers. **Methods:** This study used the method of experimental research with organoleptic test by doing two treatment forms (glutinous rice flour : red bean flour : berries) from weight per each klepon is 20 gr, referred to the formulations of KKB1 (67% : 24% : 9%) and KKB2 (67% : 26% : 7%). Hedonic scale was used in organoleptic test assessment, thus it could be discovered that the results of general preferences based on colors, taste, aromas and textures. The data results of iron-contents test were collected using AAS (Atomic Absorption Spectrophotometry) through Laboratory by identifying the iron-contents inside the original klepon and the one with the best result from organoleptic test. **Results:** Based on organoleptic test, klepon KKB2 became the most liked by panelists in which were formulated with glutinous rice flour : red bean flour : berries = 67% : 26% : 7%. Moreover, the highest average of iron-contents were in klepon KKB2 with the formulations of 67% : 26% : 7%, about 42.75 mg of iron per 1 kg of klepon and 0,8 mg of iron per 1 serving of klepon. **Conclusions:** The most liked by panelists were klepon KKB2 with Fe-contents of 0.8 mg/item, another significant differences were also found only in the aroma indicator based on the test results of Kruskal Wallis and Mann Witney.

Key words: *anemia of expectant mothers, glutinous rice flour, red bean flour, berries, klepon.*