

## UJI ORGANOLEPTIK DAN UJI KADAR ZAT BESI TAHU BAKSO KELOR SEBAGAI KUDAPAN ALTERNATIF BAGI REMAJA PUTRI

### ABSTRAK

**Latar Belakang :** Remaja putri di Indonesia banyak yang mengalami anemia. Daun kelor memiliki kandungan zat besi yang tinggi. Untuk pencegahannya dengan memenuhi asupan membuat modifikasi makanan alternatif yaitu tahu bakso kelor. **Tujuan :** Untuk mengetahui formula tahu bakso penambahan tepung daun kelor terhadap hasil kadar zat besi dan uji organoleptik tahu bakso sebagai makanan alternatif pelengkap zat besi bagi remaja putri. **Metode :** Dilakukan uji kadar besi menggunakan metode ICP-OES pada tahu bakso F1B, F2B dan F3B. dengan F1B penambahan tepung kelor sebesar 0 g, F2B sebesar 5 g, dan F3B sebesar 10 g. Selanjutnya dilakukan uji organoleptik. Di lakukan uji Kruskal wallis dan dilakukan uji mann whitney jika ada perbedaan nyata yang signifikan antar perlakuan. **Hasil :** kadar besi yang tertinggi pada tahu bakso kelor F2B sebesar 1,34 mg per 100 gram, kadar besi F1B 1,06 mg/100 g, dan kadar besi F3B 1,23 mg/100 g. Kadar zat besi dalam satu porsi belum memenuhi kebutuhan 10%. Untuk organoleptik tahu bakso yang paling disukai formula F1B karena F1B formula kontrol, namun F2B dan F3B masih diterima oleh panelis.

Kata kunci : Anemia remaja putri, tepung daun kelor, Tahu bakso.

## **ORGANOLEPTIC TEST AND IRON CONTENT TEST OF MORINGA MEATBALL TOFU AS AN ALTERNATIVE SNACK FOR TEENAGE GIRLS**

### **ABSTRACT**

**Background:** Many teenage girls in Indonesia experience anemia. Moringa leaves have a high iron content. For prevention by fulfilling the intake of making alternative food modifications, namely moringa meatball tofu. **Objective:** To determine the formula of tofu meatballs adding moringa flour to the results of iron content and organoleptic test of tofu meatballs as an alternative food for iron supplementation for adolescent girls. **Methods:** The iron content test was carried out using the ICP-OES method on F1B, F2B and F3B tofu meatballs. with F1B adding moringa flour by 0 g, F2B by 5 g, and F3B by 10 g. The next organoleptic test was carried out. Then the organoleptic test was carried out. Kruskal wallis test was conducted and mann whiteneey test was conducted if there was a significant difference between treatments. **Results:** the highest iron content in moringa tofu meatballs F2B was 1.34 mg per 100 grams, F1B iron content was 1.06 mg/100 g, and F3B iron content was 1.23 mg/100 g. The iron content in one serving was not high. Iron levels in one serving do not meet the 10% requirement. For organoleptic tofu meatballs, the most preferred formula F1B because F1B is the control formula, but F2B and F3B are still accepted by panelists.

**Keywords:** Anemia of adolescent girls, Moringa leaf flour, Tofu meatballs.