UJI DAYA TERIMA DAN KADAR BESI *CHURROS* FORMULASI TEPUNG RALE (KACANG MERAH DAN KACANG KEDELAI) SEBAGAI ALTERNATIF KUDAPAN PENCEGAH ANEMIA REMAJA PUTRI

ABSTRAK

Latar Belakang : Keadaan dimana jumlah hemoglobin dalam darah berada di bawah batas normal disebut anemia. Kekurangan zat besi merupakan salah satu penyebab anemia yang masih sering terjadi pada ibu hamil dan remaja. **Tujuan :** Penelitian ini bertujuan untuk mengetahui daya terima dan kadar besi pada *churros* formulasi RALE (tepung kacang merah dan tepung kacang kedelai) sebagai kudapan pencegah anemia remaja putri. **Metode :** penelitian ini menggunakan metode eksperimen terhadap 3 formulasi penambahan tepung terigu : tepung kacang merah : tepung kedelai dengan formulasi CP 1 (85:5:10), CP 2 (75:10:15), dan CK 3 (100:0:0), menggunakan uji organoleptik yang dilakukan untuk mengevaluasi tingkat kesukaan atau ketidak-sukaan terhadap indikator warna, rasa, aroma, dan tekstur. yang disajian kepada 25 panelis. Uji kadar besi menggunakan metode ICP-OES untuk formulasi terbaik hasil uji organoleptik dan kontrol (CK 3). **Hasil :** penelitian ini menunjukan *churros* dengan formulasi CP 1 paling disukai dengan rerata skor sebesar 4,32 yang termasuk kategori suka. **Kesimpulan :** Dari penelitian ini menunjukan sifat organoleptik, formulasi yang digemari oleh panelis adalah formulasi CP 1 dengan perbandingan tepung terigu : tepung kacang merah : tepung kedelai yaitu 85 : 5 : 10, memiliki kadar besi 3,86 mg/100 gram *churros*.

Kata kunci : Anemia, besi, tepung kacang merah, tepung kacang kedelai, *Churros*

ACCEPTANCE TEST AND IRON CONTENT TEST *CHURROS* FORMULATION OF RALE FLOUR (RED BEANS AND SOYBEANS) AS AN ALTERNATIVE SNACK TO PREVENT ANEMIA FOR TEENAGE GIRLS

ABSTRACK

Background : Conditions in which the amount of hemoglobin in the blood is below normal limits is called anemia. Iron deficiency is one of the causes of anemia which is still common in pregnant women and adolescents. **Purpose:** This study aims to determine the acceptability and iron content of *churros* formulated by RALE flour (red bean flour and soybean flour) as snacks to prevent anemia in adolescents. **Methods:** The research method is an experiment on 3 formulations of adding wheat flour: red bean flour: soybean flour with the formulations CP 1 (85 : 5 : 10), CP 2 (75 : 10 : 15), and CK 3 (100 : 0 : 0), using organoleptic tests in the form of likes and dislikes for color, taste, aroma, and texture which were presented to 25 panelists. Test for iron content using the ICP-OES method for the best formulation of organoleptic and control test results (CK 3). **Results:** The results showed that *churros* with the CP 1 formulation were the most preferred with an average score of 4.32 which was included in the like category. **Conclusion**: The conclusion of this study showed organoleptic properties, the formulation favored by the panelists was the CP 1 formulation with a ratio of wheat flour: kidney bean flour: soybean flour of 85 : 5 : 10, having an iron content of 3.86 mg/100 grams of *churros*.

Keywords : Anemia, iron, red bean flour, soybean flour, *Churros*

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