

UJI DAYA TERIMA DAN KADAR PROTEIN DIMSUM “LORENG” SEBAGAI ALTERNATIF KUDAPAN UNTUK MENCEGAH RISIKO KURANG ENERGI KRONIS PADA WANITA USIA SUBUR (WUS)

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ABSTRAK

Latar Belakang Masalah gizi kurang pada wanita dapat mempengaruhi status gizi pada siklus kehidupan selanjutnya. Kejadian Kurang Energi Kronis (KEK) pada Wanita Usia Subur (WUS) dapat dicegah salah satunya dengan asupan protein yang mencukupi. Salah satu makanan hewani yang cukup tinggi kadar protein adalah ikan bandeng yaitu sebesar 20 gram per 100 gram ikan bandeng. Selain itu salah satu tanaman yang memiliki kadar protein cukup tinggi adalah daun kelor yang diolah menjadi tepung daun kelor, digunakan sebagai substitusi dalam pembuatan Dimsum LORENG yang memiliki kadar protein sebesar 23,37% dalam 100 gram tepung daun kelor. **Tujuan** : Untuk mengetahui Uji daya terima dan Kadar Protein Dimsum LORENG (Tepung Daun Kelor dan Ikan Bandeng). **Metode** : Jenis penelitian eksperimental. Terdapat 1 kontrol dan 2 perlakuan, yaitu dengan perbandingan formulasi 1 antara daging ayam:ikan bandeng:tepung daun kelor yaitu 200:0:0, 0:195:5,0:195:5. Uji daya terima dilakukan dengan panelis sebanyak 25 orang dengan kategori agak terlatih. Uji kadar protein Dimsum LORENG menggunakan metode titrimetri. Teknik analisis data menggunakan Uji statistika *Kruskal Wallis* dan dilanjutkan dengan uji *Mann Whitney*. **Hasil**: Uji daya terima formula F1 yaitu 4,15 (suka), F2 yaitu 3,78 (suka) dan F3 yaitu 3,29 (biasa). Hasil uji kadar protein pada formulasi kontrol sebesar 4.10% dan formulasi yang paling banyak disukai sebesar 6.59% **Kesimpulan** : berdasarkan rata-rata penilaian uji daya terima formula perlakuan yang paling banyak disukai yaitu formulasi dengan (kode F2) dengan perbandingan formulasi daging ayam : ikan bandeng : tepung daun kelor 0g:195g:5g dengan kadar protein dalam 100 gram yaitu sebesar 8.33%.

Kata kunci : KEK pada WUS, Dimsum, Tepung Daun Kelor, Ikan Bandeng.

TEST OF ACCEPTANCE AND PROTEIN CONTENT OF DIMSUM "LORENG" AS A ALTERNATIVE SNACKS TO PREVENT THE RISK OF CHRONIC ENERGY DEFICIENCY IN FERTILE AGE WOMEN

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ABSTRACT

Background: The problem of malnutrition in women can affect nutritional status in the life cycle. The incidence of Chronic Energy Deficiency (CED) in Women of Reproductive Age (WUS) can be prevented, one of which is by adequate protein intake. One animal food that is quite high in protein is milkfish, which is 20 grams per 100 grams of milkfish. In addition, one of the plants that has a fairly high protein content is Moringa leaves which are processed into Moringa leaf flour, used as a substitute in making Dimsum LORENG which has a protein content of 23.37% in 100 grams of Moringa leaf flour. **Purpose:** To determine the acceptability test and Protein Levels of Dimsum LORENG Moringa Leaf Flour and Milkfish. **Method :** This type of experimental research. There were 1 control and 2 treatments, namely the ratio of formulation 1 between chicken meat:milkfish:moringa leaf meal, namely 200:0:0, 0:195:5,0:195:5. The acceptability test was carried out with 25 panelists in the slightly trained category. Test the protein content of LORENG Dimsum using the titrimetri method. Data analysis techniques used the Kruskal Wallis statistical test and continued with the Mann Whitney test. **Results:** The acceptability test of the F1 formula is 4.15 (likes), F2 is 3.78 (likes) and F3 is 3.29 (ordinary). The protein content test results in the control formulation were 4.10% and the most preferred formulation was 6.59%. **Conclusion:** based on the average acceptability test assessment, the most preferred treatment formula was formulation with (code F2) with a ratio of chicken meat: milkfish formulation : Moringa leaf flour 0g:195g:5g with a protein content in 100 grams of 8.33%.

Keywords: *KEK at WUS, Dimsum, Moringa Leaf Flour, Milkfish.*