UJI DAYA TERIMA DAN KADAR ZAT BESI BOLU BAYMOR "BAYAM MERAH & KELOR" SEBAGAI KUDAPAN MENCEGAH ANEMIA PADA REMAJA PUTRI

ABSTRAK

Latar belakang : Berdasarkan DP3AK 2021 Jawa Timur, 23% remaja putri dan 12% remaja putra menderita anemia. Bayam merah dan daun kelor merupakan golongan sayuran yang menggandung zat besi cukup tinggi sehingga dapat dijadikan makanan alternatif untuk mencegah anemia pada remaja putri. **Tujuan :** Untuk menganalisis hasil uji daya terima dan kadar zat besi bolu baymor "bayam merah & kelor" sebagai kudapan mencegah anemia pada remaja putri. **Metode :** Penelitian eksperimental mengunakan dua variable meliputi variable bebas (formulasi bolu baymor) dan variable terikal (uji organoleptic & uji kadar zat besi)**.** Teknik analisis data mengunakan uji statistika *Kruskal Wallis* dan dilanjut dengan uji *Mann Whitney*. **Hasil Penelitian :** Uji daya terima formulasi BM 1 yaitu 4,04 (suka), BM 2 yaitu 3,49 (agak suka) dan BM 3 yaitu 3,2 (agak suka). Hasil kadar zat besi pada formulasi kontrol (BM 1) sebesar 3,63mg/100g dan formulasi yang paling banyak disukai yaitu BM 2 sebesar 9,81mg/100g. **Kesimpulan :** Berdasarkan hasil uji daya terima formulasi yang paling banyak disukai yaitu formulasi kontrol (BM 1) dengan kadar zat besi 3,63mg/100g dan formulasi yang paling banyak disukai kedua yaitu BM 2 sebesar 9,81mg/100g.

Kata Kunci : *Anemia, Bayam Merah, Daun Kelor, Zat Besi.*

RECEIVING POWER TEST AND BOLU BAYMOR IRON LEVEL "RED SPINACH & MORINGA" AS A SNACK PREVENTING ANEMIA IN YOUNG WOMEN

ABSTRACT

Background : Based on DP3AK 2021 East Java, 23% of young women and 12% of young men suffer from anemia. Red spinach and Moringa leaves are a group of vegetables that contain high enough iron so that they can be used as alternative foods to prevent anemia in young women. **Purpose :** To analyze the results of tests of acceptability and iron levels of "red spinach & moringa" baymor cake as a snack to prevent anemia in young women. **Method :** Experimental research used two variables including the independent variable (Baymor cake formulation) and the curly variable (organoleptic test & iron level test). The data analysis technique used the Kruskal Wallis statistical test and continued with the Mann Whitney test. **Research Results :** Acceptance test of BM 1 formulation was 4.04 (liked it), BM 2 was 3.49 (rather liked it) and BM 3 was 3.2 (rather liked it). The results of iron levels in the control formulation (BM 1) were 3.63 mg/100g and the most preferred formulation was BM 2 of 9.81 mg/100g. **Conclusion :** Based on the results of the acceptability test, the most preferred formulation was the control formulation (BM 1) with an iron content of 3.63 mg/100g and the second most preferred formulation was the MB 2 of 9.81 mg/100g.

Keywords : *anemia, red spinach, Moringa leaves, iron.*