ABSTRAK

DAYA TERIMA DAN KADAR PROTEIN PUDING SUSU DENGAN PENAMBAHAN EDAMAME SEBAGAI ALTERNATIF KUDAPAN BAGI PENDERITA TUBERKULOSIS

Latar Belakang Penganekaragaman pengolahan Kedelai Edamame dapat menjadi kudapan alternatif bagi penderita Penyakit infeksi Tuberkulosis, karena di dalam 80 gram Kedelai edamame terdapat kandungan protein sebanyak 11 g. Kurangnya pemanfaatan kedelai edamame dalam bahan dasar pengolahan makanan dapat dijadikan sebagai alternatif pilihan bahan dasar makanan kudapan puding yang kaya protein bagi penderita penyakit infeksi khususnya penderita Tuberkulosis, Kombinasi bahan dasar edamame dan susu skim dalam proses pembuatan puding dapat menjadi alternatif kudapan kaya protein untuk memenuhi kebutuhan diet TKTP bagi penderita Tuberkulosis. **Tujuan** penelitian ini untuk mengidentifikasi uji daya terima dan menganalisis kadar protein pada formulasi puding susu skim dengan penambahan edamame sebagai alternative kudapan bagi penderita tuberkulosis. **Metode** penelitian ini merupakan jenis penelitian eksperimental. Terdapat 2 formulasi puding susu dengan penambahan edamame yang berbeda dan 1 formulasi puding susu kontrol tanpa penambahan edamame. Panelis sebanyak 25 orang dengan kategori agak terlatih. Teknik analisis yang digunakan adalah analisis deskriptif dan analisis statistik dengan menggunakan *Uji Kruskal Wallis* untuk mengetahui adanya perbedaan daya terima terhadap puding susu edamame antar perlakuan. **Hasil** uji organoleptik menunjukan formula puding susu dengan penambahan edamame yang paling disukai oleh panelis adalah formulasi 2 dengan kode PS2. Berdasarkan hasil uji laboratorium rata-rata kadar protein pada PS1 sebesar 7,95%, sedangkan rata-rata kadar protein pada PS2 sebesar 7,88%, dan pada PS3 sebesar 6,4%, maka puding susu dengan penambahan edamame yang paling disukai panelis berdasarkan uji organoleptik pada PS3 sebesar 6,4%.

Kata Kunci : Daya Terima, Kadar Protein, Puding Susu Skim dengan penambahan Edamame.

ABSTRACT

POWER RECEIVED AND MILK PROTEIN LEVELS WITH ADDITION OF EDAMAME AS ALTERNATIVE STUNNING FOR TUBERCULOSIS PATIENTS

Background Edamame Soybean processing diversification can be an alternative snack for sufferers of Tuberculosis infection, because in 80 grams of edamame soybean there is a protein content of 11 g. The lack of use of edamame soy in the basic ingredients of food processing can be used as an alternative choice of protein-based snack pudding-based snacks for infectious disease sufferers especially tuberculosis sufferers. TKTP diet for Tuberculosis sufferers. **The purpose** of this study was to identify the acceptability test and analyze the protein content in the skim milk pudding formulation with the addition of edamame as an alternative snack for tuberculosis patients. **This research method** is a type of experimental research. There are 2 milk pudding formulations with different edamame additions and 1 milk control pudding formulation without the addition of edamame. There were 25 panelists in the somewhat trained category. The analysis technique used is descriptive analysis and statistical analysis using the Kruskal Wallis Test to determine differences in acceptance of edamame milk pudding between treatments. The organoleptic test **results** showed that the milk pudding formula with the addition of edamame most preferred by the panelists was formulation 2 with the PS2 code. Based on the results of laboratory tests the average protein content on PS1 was 7.95%, while the average protein content on PS2 was 7.88%, and on PS3 it was 6.4%, the milk pudding with the addition of edamame was the panelist's most preferred based on organoleptic testing on PS3 of 6.4%.

Keywords: Acceptability, Protein Content, Skim Milk Pudding with the addition of Edamame.