

ABSTRAK

Maulani Nurhabibah Br Tobing: Uji Daya Terima dan Analisis Kandungan Gizi Muffin Substitusi Puree Labu Kuning (*Cucurbita Moshata*) Tinggi Provitamin A untuk Remaja. Skripsi. Fakultas Teknik, Universitas Negeri Medan. 2023.

Penelitian ini bertujuan untuk menganalisis 1) Mengetahui daya terima terhadap warna, rasa, aroma dan tekstur pada *muffin* substitusi *puree* labu kuning dengan persentase 25%, 30% dan 35%, 2) Menganalisis kandungan gizi *muffin* substitusi *puree* labu kuning yaitu karbohidrat, protein, lemak, kadar air, kadar abu, dan serat kasar, 3) Menganalisis kandungan betakaroten pada *muffin* substitusi *puree* labu kuning. Desain penelitian yang digunakan yaitu penelitian eksperimen dengan metode Rancangan Acak Lengkap (RAL). Formulasi *muffin* substitusi *puree* labu kuning yaitu 1 kontrol dengan 3 perlakuan P1 (25%), P2 (30%) dan P3 (35%) dengan penempatan perlakuan dilakukan secara acak. Uji daya terima dilakukan di SMA Dharma Pancasila Medan, sedangkan untuk analisis kandungan gizi (uji proksimat) dilakukan di laboratorium Balai Standarisasi dan Pelayanan Jasa Industri Medan (BSPJI) dan Politeknik Teknologi Kimia Industri Medan (PTKI). Uji daya terima menggunakan uji hedonik dengan panelis tidak terlatih yang berjumlah 25 orang. Teknik analisis data dilakukan secara deksriptif. Hasil penelitian dianalisis menggunakan metode uji *Kruskal Wallis* dengan uji lanjutan *Mann-Whitney U*. Penentuan *muffin* terbaik dipilih berdasarkan dari perhitungan jumlah tertinggi dari uji hedonik

Berdasarkan hasil penelitian formula *muffin* terbaik yang diminati panelis adalah formula *muffin* P3 yaitu 35% substitusi *puree* labu kuning dengan nilai indikator warna (4,04), aroma (3,76), rasa (4,44) dan tekstur (4,12). Diketahui terdapat perbedaan nyata dalam *muffin* substitusi *puree* labu kuning pada indikator warna, rasa dan tekstur. Kandungan gizi *muffin* substitusi 35% *puree* labu kuning yaitu kadar karbohidrat sebesar (20,8 gram), kadar protein sebesar (5,12 gram), kadar lemak sebesar (17,2 gram), kadar air sebesar (38,9 gram), kadar abu sebesar (1,28 gram), kadar serat kasar (16,7 gram). Kandungan betakaroten *muffin* substitusi 35% *puree* labu kuning yaitu sebesar 1143,2 mcg per 100 gram.

Kata kunci : *muffin*, *puree* labu kuning, kesukaan panelis, kandungan gizi

ABSTRACT

Maulani Nurhabibah Br Tobing: *Acceptability Test and Analysis of the Nutritional Content of High ProVitamin A Substitute Muffin Yellow Pumpkin (Cucurbita Moshata) for Teenagers.* Essay. Faculty of Engineering, State University of Medan. 2023.

This study aims to analyze 1) Knowing the acceptability of color, taste, aroma and texture on pumpkin puree substitution muffins with percentages of 25%, 30% and 35%, 2) Analyzing the nutritional content of pumpkin puree substitution muffins namely carbohydrates, protein, fat, moisture content, ash content, and crude fiber, 3) Analyzing the beta-carotene content in pumpkin puree substitution muffins. The research design used was experimental research using a completely randomized design (CRD). The muffin formulation for yellow pumpkin puree substitution was 1 control with 3 treatments P1 (25%), P2 (30%) and P3 (35%) with random placement of treatments. The acceptability test was carried out at the Dharma Pancasila High School in Medan, while for the analysis of nutritional content (proximate test) it was carried out in the laboratory of the Medan Industrial Standardization and Service Center (BSPJI) and the Medan Industrial Chemical Technology Polytechnic (PTKI). The acceptance test uses the hedonic test with 25 untrained panelists. The data analysis technique was carried out descriptively. The results of the study were analyzed using the Kruskal Wallis test method with the Mann-Whitney U follow-up test. The best muffin was chosen based on the calculation of the highest number of hedonic tests.

Based on the research results, the best muffin formula that the panelists were interested in was the muffin formula P3, which was 35% pumpkin puree substitution, with indicator values for color (4.04), aroma (3.76), taste (4.44) and texture (4.12). It is known that there are significant differences in pumpkin puree substitution muffins on indicators of color, taste and texture. The nutritional content of the 35% pumpkin puree substitution muffin was carbohydrate content (20.8 grams), protein content (5.12 grams), fat content (17.2 grams), water content (38.9 grams), ash content of (1.28 grams), crude fiber content of (16.7 grams). The content of beta-carotene muffin substitution of 35% pumpkin puree is 1143,2 mcg per 100 grams.

Keywords: *muffin, pumpkin puree, panelist's preference, nutritional content*