

ABSTRAK

Rahma Nurlia Putri: *Inovasi dan Analisis Kandungan Gizi Mie Lale (Labu Kuning dan Ikan Lele) Sebagai Pemenuhan Kebutuhan Protein Balita Usia 1-3 Tahun*. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2023.

Pertumbuhan anak pada masa balita sangat pesat, sehingga membutuhkan zat gizi yang relatif lebih tinggi. Akibatnya kebutuhan zat gizi pada balita harus terpenuhi melalui asupan makanan yang dapat diperoleh dari produk olahan. Produk olahan yang banyak digemari masyarakat di Indonesia salah satunya adalah mie. Produk mie basah saat ini mengalami perkembangan dengan variasi campuran antara tepung terigu sebagai bahan baku utama dengan bahan-bahan lain seperti umbi-umbian dan sayur-sayuran yang tentu saja dapat meningkatkan kandungan zat gizi dalam mie.

Penelitian ini bertujuan untuk 1) Menganalisis jumlah konsentrasi penambahan labu kuning dan ikan lele pada mie basah yang paling diminati panelis, 2) Menganalisis mutu hedonik pada mie basah dilihat dari warna, rasa, aroma, dan tekstur, 3) Menganalisis mutu gizi proksimat pada mie basah dilihat dari kadar protein, kadar lemak dan karbohidrat. Desain penelitian yang digunakan adalah penelitian eksperimental dengan menggunakan metode Rancangan Acak Lengkap (RAL) dengan 4 formula perbandingan $F_0 = 0$, $F_1 = 10:90$, $F_2 = 20:80$, $F_3 = 35:65$. Uji sensori dilakukan di laboratorium organoleptik Universitas Negeri Medan, sedangkan untuk analisis zat gizi dilakukan di laboratorium Balai Standarisasi dan Pelayanan Jasa Industri (BSPJI) Medan. Uji organoleptik berupa uji hedonik dan uji mutu hedonik dilakukan menggunakan panelis terlatih yang berjumlah 30 orang. Hasil penelitian dianalisis dengan menggunakan metode uji kruskal wallis dengan uji lanjutan mann-whitney.

Berdasarkan hasil penelitian perlakuan terpilih adalah F_2 dengan perbandingan ikan lele dan labu kuning sebesar 20:80. Kandungan gizi pada mie basah yaitu kadar karbohidrat sebesar 27,8%, kadar protein sebesar 6,16%, kadar lemak sebesar 10%, dan serat sebesar 9,10%.

ABSTRACT

Rahma Nurlia Putri: *Innovation and Analysis of Nutritional Content of Mie Lale (Yellow Pumpkin and Catfish) as Fulfilling the Protein Needs of Toddlers Age 1-3 Years. Thesis. Faculty of Engineering State University of Medan. 2023.*

The growth of children in toddlers is very rapid, so they require relatively higher nutrients. As a result, the nutritional needs of toddlers must be met through food intake which can be obtained from processed products. Processed products that are popular with people in Indonesia, one of which is noodles. Wet noodle products are currently experiencing developments with mixed variations between wheat flour as the main raw material and other ingredients such as tubers and vegetables which of course can increase the nutrient content in the noodles.

This study aims to 1) analyze the amount of added concentration of pumpkin and catfish in wet noodles that panelists are most interested in, 2) analyze the hedonic quality of wet noodles in terms of color, taste, aroma, and texture, 3) analyze the proximate nutritional quality of wet noodles seen from the levels of protein, fat and carbohydrates. The research design used was an experimental study using a completely randomized design (CRD) method with 4 ratio formulas $F_0 = 0$, $F_1 = 10:90$, $F_2 = 20:80$, $F_3 = 35:65$. The sensory test was carried out at the organoleptic laboratory at Medan State University, while for nutrient analysis it was carried out at the Medan Industrial Standardization and Service Center (BSPJI) laboratory. Organoleptic tests in the form of hedonic tests and hedonic quality tests were carried out using 30 trained panelists. The results of the study were analyzed using the Kruskal Wallis test method with the Maan- Whitney follow-up test.

Based on the research results, the chosen treatment was F_2 with a ratio of catfish and pumpkin of 20:80. The nutritional content of wet noodles is 27.8% carbohydrate, 6.16% protein, 10% fat and 9.10% fiber.