

ABSTRAK

Difa Trisya Wahyuni : Inventarisasi Jenis, Resep dan Kandungan Zat Gizi Kue-Kue Tradisional Berbahan Kelapa Di Kota Medan. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik Universitas Negeri Medan. 2024

Inventarisasi kue-kue tradisional berbahan kelapa merupakan suatu kegiatan pencatatan atau pendataan tentang kue-kue yang ada di Kota Medan. Tujuan penelitian ini untuk mengetahui 1) Inventarisasi jenis kue-kue tradisional berbahan kelapa di Kota Medan secara terperinci; 2) Resep pada kue-kue tradisional berbahan kelapa di Kota Medan; 3) Menganalisis kandungan gizi pada kue-kue tradisional berbahan kelapa di Kota Medan. Tempat penelitian ini di Pasar Tradisional dan Toko Kue yang berada di Kota Medan, Sumatera Utara. Waktu penelitian bulan September 2024. Populasi pada penelitian ini adalah seluruh kue-kue tradisional berbahan kelapa. Sampel pada penelitian ini adalah seluruh kue-kue tradisional berbahan kelapa sebanyak 50 macam kue. Teknik pengambilan sampel dilakukan dengan cara *Total Sampling*. Kue yang belum ada di *nutrisurvey* sebanyak 25 macam kue dan 25 kue yang sudah ada di *nutrisurvey*. Teknik pengumpulan data yang dikumpulkan pada penelitian ini berupa data kualitatif yaitu merupakan hasil survei dan observasi. Teknik analisis data hasil penelitian dilakukan dengan cara deskriptif dengan dianalisis menggunakan metode *software Nutrisurvey* serta bantuan dari Tabel Konsumsi Pangan Indonesia (TKPI) dan Daftar Komposisi Bahan Makanan (DKBM).

Berdasarkan hasil penelitian ini Berdasarkan survey yang dilakukan inventarisasi jenis kue pada penelitian ini yaitu (1) Talam Cendol (2) Talam Pulut Pandan, (3) Talam Ubi Kayu, (4) Talam Pulut Gula Merah, (5) Timphan, (6) Lumpang, (7) Tepur Banda, (8) Dangai, (9) Bugis Ketan Hitam, (10) Bugis Mandi, (11) Pulut Kuning, (12) Pulut Tai-Tai, (13) Getas Gula Putih, (14) Getas Ketan Hitam, (15) Pukis, (16) Abuk-Abuk Sagu, (17) Angku Pare, (18) Kue Ku, (19) Ombus-Ombus, (20) Godok-Godok Pisang, (21) Lemang Pulut, (22) Pancung, (23) Itak Poul-Poul, (24) Bika Ubi, (25) Lappet. Berdasarkan hasil penelitian resep yang didapatkan di berbagai buku, aplikasi resep kue seperti Cookpad, Youtube dan *link google* menunjukkan bahwa sistem ini mampu memberikan informasi kepada peneliti untuk mengolah data pada resep-resep kue-kue berbahan kelapa, terdapat sebanyak 10 jenis resep kue dari sumber buku, 8 jenis resep kue dari Cookpad, 6 jenis resep kue dari Youtube dan 1 jenis resep kue dari link website. Sehingga resep yang paling banyak di dapatkan dari buku resep. Berdasarkan hasil penelitian pada kandungan gizi dapat disimpulkan pada kue talam pulut pandan yang memiliki kandungan karbohidrat tertinggi (47.9 gr/100 gr), kue talam pulut pandan sebesar (5.6 gr/100 gr) yang memiliki kandungan protein yang tinggi, dan kue talam pulut pandan (7 gr/100 gr) yang memiliki kandungan lemak yang tinggi.

ABSTRACT

Difa Trisya Wahyuni: *Inventory of Types, Recipes and Nutrient Content of Traditional Coconut Cakes in Medan City. Undergraduate Thesis. Faculty of Engineering State University of Medan. 2024.*

An inventory of traditional coconut cakes is an activity of recording or collecting data about cakes in the city of Medan. The aim of this research is to find out 1) A detailed inventory of types of traditional coconut cakes in Medan City; 2) Recipes for traditional coconut cakes in Medan City; 3) Analyzing the nutritional content of traditional coconut cakes in Medan City. The location of this research is a traditional market and cake shop in Medan City, North Sumatra. The time of the research is September 2024. The population in this research is all traditional cakes made from coconut. The samples in this study were all 50 kinds of traditional coconut cakes. The sampling technique was carried out using Total Sampling. There are 25 kinds of cakes that are not yet in the nutrisurvey and 25 kinds of cakes that are already in the nutrisurvey. The data collection technique collected in this research is in the form of qualitative data, namely the results of surveys and observations. The research data analysis technique was carried out in a descriptive manner, analyzed using the Nutrisurvey software method and assistance from the Indonesian Food Consumption Table (TKPI) and the Food Ingredient Composition List (DKBM).

Based on the results of this research, based on a survey conducted an inventory of the types of cakes in this research, namely (1) Talam Cendol (2) Talam Pulut Pandan, (3) Talam Cassava. (4) Brown Sugar Pulut Talam, (5) Timphan, (6) Lumpang, (7) Tepur Banda, (8) Dangai, (9) Black Sticky Rice Bugis, (10) Mandi Bugis, (11) Yellow Pulut, (12) Pulut Tai-Tai, (13) White Sugar Getas, (14) Black Sticky Rice Getas, (15) Pukis, (16) Sago Powder, (17) Angku Pare, (18) Kue Ku, (19) Ombus-Ombus, (20) Godok-Godok Pisang, (21) Lemang Pulut, (22) Pancung, (23) Itak Poul-Poul, (24) Bika Ubi, (25) Lappet. Based on the results of research on recipes obtained in various books, cake recipe applications such as Cookpad, YouTube and Google links, it shows that this system is able to provide information to researchers to process data on recipes for coconut cakes. There are as many as 10 types of cake recipes from the source. book, 8 types of cake recipes from Cookpad, 6 types of cake recipes from Youtube and 1 type of cake recipe from the website link. So most recipes are obtained from recipe books. Based on the results of research on nutritional content, it can be concluded that talam pulut pandan cake has the highest carbohydrate content (47.9 gr/100 gr), talam pulut pandan cake has (5.6 gr/100 gr) which has a high protein content, and talam pulut pandan cake has (7 gr/100 gr) which has a high fat content.