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Uji hedonik dan analisis zat gizi cookies menggunakan tepung ikan, tepung mocaf, dan substitusi tepung daun kelor sebagai alternatif jajanan non terigu berprotein tinggi = Hedonic test and nutrient analysis of cookies using fish flour mocaf flour and substitution of moringa flour as an alternative snack non wheat high protein

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Abstrak

Mengingat angka kejadian gizi buruk dan anak pendek di Indonesia serta minimnya alternatif makanan untuk anak autisme, maka penulis ingin membuat cookies non-terigu berprotein tinggi dengan memanfaatkan bahan produksi pangan Indonesia, yaitu tepung ikan teri, tepung daun kelor, dan tepung mocaf. Penelitian ini merupakan penelitian eksperimental laboratorium dengan metode rancangan acak lengkap. Panelis dalam penelitian ini adalah 45 mahasiswa FKM UI.
Hasil penelitian menunjukkan bahwa cookies yang paling disukai panelis adalah cookies 144 yang memiliki kandungan tepung mocaf sebesar 34.0, tepung ikan sebesar 8.5, dan tepung daun kelor sebesar 8.5. Penelitian membuktikan adanya perbedaan signifikan terkait penilaian warna,aroma, after taste, dan keseluruhan cookies p < 0,05 namun tidak pada variabel tekstur, dan rasa p > 0,05.
Berdasarkan hasil uji laboratarium, cookies 144 memiliki kandungan gizi yaitu energi 415,82 kkal; air 11,04 gram; abu 3,483 gram; lemak 14,78 gram; protein 11,80 gram; dan karbohidrat 58,90 gram. Penambahan tepung mocaf, tepung ikan teri, dan tepung daun kelor meningkatkan jumlah protein, lemak, karbohidrat, kadar air, dan kadar abu.
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The incidence of malnutrition and short children in Indonesia increase and the lack of alternative food for children with autism, hence the authors want to make high protein non wheat cookies by utilizing Indonesian food production which is mocaf flour, anchovy fish flour, and moringa flour. This research is an experimental research that using completely randomized design method. Panelists for hedonic test in this research are 45 students from Faculty of Public Health UI.
The results showed that cookies most favored panelists were cookies 144 which contained mocaf flour by 34.0, fish flour by 8.5, and moringa flour by 8.5. Studies have shown significant differences in color, aroma, after taste, and overall cookies p 0.05.
Based on laboratorium analysis, the nutrient contents of cookies 144 are 415,82 kcal of energy 11,04 gram of water 3,483 gram of ash 14,78 gram of fat 11,80 gram of protein and 58,90 gram of carbohydrate. The addition of mocaf flour, fish flour, and moringa flour can improve the content of protein, fats, carbohydrate, water, and ash.