ANALISIS KANDUNGAN GIZI DAN DAYA TERIMA *COOKIES* BERBAHAN DASAR TEPUNG BEKATUL DAN TEPUNG IKAN UNTUK BALITA GIZI KURANG

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Abstrak

Prevalensi status gizi kurang di Indonesia masih tinggi. Pemberian makanan tambahan padat energi dan protein dapat mengatasi asupan energi dan protein pada balita gizi kurang. Bekatul dan ikan tuna memiliki kandungan energi dan protein yang tinggi yang dapat meningkatkan kandungan gizi pada *cookies*. Tujuan penelitian ini adalah mengembangkan formula dan mengetahui kandungan gizi cookies tepung bekatul dan tepung ikan tuna sebagai alternatif makanan selingan untuk balita gizi kurang. Penelitian ini menggunakan desain studi eksperimental dengan menggunakan rancangan acak lengkap (RAL) yang terdiri tiga taraf perlakuan yaitu perbandingan tepung terigu dengan tepung sumber protein (tepung bekatul dan tepung ikan tuna) F1 (50 : 50), F2 (40 : 60), F3 (30 : 70). Hasil penelitian memperlihatkan substitusi tepung bekatul dan tepung ikan tuna memberikan pengaruh signifikan terhadap kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, rasa*,* dan tekstur *cookies*. Namun tidak memberikan pengaruh yang signifikan terhadap warna dan aroma *cookies*. Taraf perlakuan F2 merupakan formula terbaik dengan kandungan gizi per takaran saji (40 gram) yaitu energi sebesar 200 kkal, protein 5 gram, lemak 10 gram, dan karbohidrat sebesar 22 gram.

Kata Kunci: Bekatul, Ikan Tuna, *Cookies*, Gizi Kurang, Balita

ANALYSIS OF NUTRIENT CONTENT AND ORGANOLEPTIC OF COOKIES MADE FROM BEKATUL FLOUR AND TUNA FLOUR FOR UNDERNUTRITION TODDLERS

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Abstract

The prevalence of malnutrition status among children under five in Indonesia is still high. Provision of energy and protein dense supplementary food can overcome energy and protein intake in malnourished toddlers. Rice bran and tuna contain high energy and protein which can increase the nutritional content of cookies. The purpose of this study was to develop a formula and determine the nutritional content of cookies with bran flour and tuna fish flour as an alternative snack for malnourished toddlers. This study used an experimental study design using a completely randomized design (CRD) consisting of three levels of treatment, namely the ratio of wheat flour to protein source flour (bran flour and tuna flour) F1 (50: 50), F2 (40: 60), F3 (30: 70). The results showed that the substitution of rice bran and tuna flour had a significant effect on water content, ash content, fat content, protein content, carbohydrate content, taste and texture of cookies. However, it does not have a significant effect on the color and aroma of cookies. The F2 treatment level is the best formula with a nutritional content per serving (40 grams), 200 kcal of energy, 5 grams of protein, 10 grams of fat, and 22 grams of carbohydrates.

Keywords: Bran, Tuna Fish, Cookies, Undernutrition, Toddler