

PENGARUH KOMPOSISI MI DENGAN TEPUNG HATI AYAM DAN TEPUNG BIJI LABU KUNING TERHADAP PROKSIMAT, VITAMIN A, DAN DAYA TERIMA SEBAGAI PANGAN PENCEGAH ANEMIA PADA WUS

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Abstrak

Prevalensi anemia pada wanita usia subur (WUS) masih tergolong tinggi yaitu lebih dari 30% secara global maupun di Indonesia. Penelitian ini bertujuan menganalisis pengaruh komposisi tepung hati ayam dan tepung biji labu kuning terhadap proksimat, vitamin A, dan daya terima mi basah sebagai alternatif pangan pencegah anemia pada WUS. Desain penelitian menggunakan *experimental study* dengan Rancangan Acak Lengkap dua kali pengulangan. Perlakuan yang diterapkan adalah proporsi tepung hati ayam dan tepung biji labu kuning, yaitu F1 (10 g : 35 g); F2 (15 g : 30 g); F3 (20 g : 25 g). Uji proksimat pada lemak menggunakan metode *Soxhlet*, protein metode *Kjeldahl*, karbohidrat metode *by Difference*, kadar air metode gravimetri, dan kadar abu metode pengabuan kering. Uji vitamin A menggunakan metode HPLC. Analisis statistik uji proksimat dan vitamin A menggunakan *one-way* ANOVA, dan uji lanjut Duncan. Uji Organoleptik menggunakan metode hedonik dilakukan oleh 30 panelis semi-terlatih, dengan analisis statistik menggunakan uji Kruskal-Wallis dan uji lanjut Mann-Whitney. Hasil penelitian menunjukkan terdapat perbedaan pada vitamin A ($p=0,006$), namun tidak terdapat perbedaan nyata pada kadar air ($p=0,100$), kadar abu ($p=0,241$), protein ($p=0,636$), lemak ($p=0,141$), dan karbohidrat ($p=0,100$). Hasil analisis statistik uji organoleptik menunjukkan bahwa proporsi tepung hati ayam dan tepung biji labu kuning berbeda signifikan terhadap tekstur, namun tidak berbeda signifikan terhadap warna, rasa, dan aroma. Berdasarkan metode De Garmo, F1 menjadi formulasi terbaik (NP = 0,64). Kandungan gizi per takaran saji (100 gr) meliputi energi (345 kkal), protein (24,84 gr), lemak (16,17 gr), karbohidrat (24,87 gr), dan vitamin A (0,6 mg).

Kata Kunci: Anemia, Mi Basah, Proksimat, Vitamin A, Wanita Usia Subur

THE EFFECT OF NOODLE COMPOSITION FORMULATED WITH CHICKEN LIVER FLOUR AND PUMPKIN SEED FLOUR ON PROXIMATE, VITAMIN A, AND ACCEPTABILITY AS AN ANEMIA-PREVENTION FOOD FOR WOMEN OF REPRODUCTIVE AGE

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Abstract

The prevalence of anemia among women of reproductive age (WRA) remains high, exceeding 30% both globally and in Indonesia. This study aimed to analyze the effect of chicken liver flour and pumpkin seed flour on the proximate, vitamin A, and acceptability of noodles as an alternative food to prevent anemia in WRA. The study using an experimental design with a Completely Randomized Design (CRD) and two replications. The treatments consisted of varying proportions of chicken live flour and pumpkin seed flour; F1 (10 g : 25 g), F2 (15 g : 30 g), F3 (20 g : 25 g). Proximate analysis was conducted to determine fat content using the Soxhlet method, protein using the Kjeldahl method, carbohydrate using the by-difference method, water content using the gravimetric method, and ash using the dry ashing method. Vitamin A content was analyzed using HPLC. Chemical analysis data were processed using one-way ANOVA followed by Duncan. Organoleptic testing was conducted using a hedonic test involving 30 semi-trained panelists, with data analyzed using the Kruskal-Wallis test followed by the Mann-Whitney. Results showed a significant difference in vitamin A ($p=0,006$), while no significant differences were observed in water content ($p=0,100$), ash ($p=0,241$), protein ($p=0,636$), fat ($p=0,141$), and carbohydrate ($p=0,100$). Organoleptic analysis indicated that varying proportions significantly affected texture, but had no significant effect on color, taste, or aroma. Based on De Garmo method, F1 was identified as the best formulations ($EI = 0,64$). The nutritional content per serving (100 g) included energy (345 kcal), protein (24,84 g), fat (16,17 g), carbohydrates (24,87 g), and vitamin A (0,6 mg).

Keywords: Anemia, Noodles, Proximate, Vitamin A, Women of Reproductive Age