

ANALISIS PRODUK MIE BASAH DENGAN PENAMBAHAN TEPUNG KACANG MERAH (*Phaseolus vulgaris L.*) DAN TEPUNG BAYAM HIJAU (*Amaranthus hybridus L.*) SEBAGAI ALTERNATIF PANGAN PENCEGAH ANEMIA REMAJA PUTRI

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Abstrak

Mie basah merupakan produk olahan pangan terbuat dari tepung terigu, yang melalui proses perebusan sehingga memiliki kadar air yang membuat umur simpan relatif pendek. Pada penelitian ini bahan baku mie basah terbuat dari tepung terigu serta penambahan tepung kacang merah dan tepung bayam hijau. Tepung kacang merah dan tepung bayam hijau merupakan bahan pangan yang dapat menambah nilai gizi produk mie basah, seperti kadar zat besi dan kadar protein sehingga dapat menjadi alternatif pangan pencegah terjadinya anemia remaja putri. Tujuan penelitian ini yaitu untuk menganalisis karakteristik organoleptik, hedonik atau tingkat kesukaan, kadar zat besi, kadar protein dan kadar air. Desain penelitian eksperimental dengan metode Rancangan Acak Lengkap (RAL) terdiri dari 3 faktor dengan 3 taraf perlakuan tepung kacang merah:tepung bayam hijau:tepung terigu yaitu F1 (20 g:20 g:60 g), F2 (35 g:25 g:40 g), dan F3 (50 g:30 g:20 g). Hasil uji organoleptik menggunakan uji *kruskal wallis* didapatkan perbedaan pada indikator aroma, tekstur dan rasa karena *p-value* < 0,05 sehingga dilanjutkan dengan uji *mann whitney*. Hasil uji hedonik pada penelitian ini F1 (20g:20g:60g) merupakan formula yang paling disukai oleh panelis sebesar 54,63%. Hasil uji kadar zat besi tertinggi pada F2 sebesar 8,75 mg/100 gr, hasil uji kadar protein tertinggi pada F1 sebesar 8,89%, hasil uji kadar air tertinggi pada F3 sebesar 60,24%. Kesimpulan pada penelitian ini produk mie basah dengan penambahan tepung kacang merah dan tepung bayam hijau cukup diterima panelis, kadar zat besi yang tinggi, kadar protein diatas minimal mutu mie basah dan kadar air sesuai dengan persyaratan mutu mie basah.

Kata Kunci: Anemia, Mie Basah, Remaja Putri, Tepung Kacang Merah, Tepung Bayam Hijau.

PRODUCT ANALYSIS OF WET NOODLES WITH THE ADDITION OF RED BEAN FLOUR (*Phaseolus vulgaris* L.) AND GREEN SPINACH FLOUR (*Amaranthus hybridus* L.) AS ALTERNATIVE FOODS TO PREVENT ANEMIA IN YOUNG WOMEN.

ABSTRACT

Wet noodles are a processed food product made from wheat flour, which goes through a boiling process so that it has a water content that makes the shelf life relatively short. In this study, the raw material for wet noodles was made from wheat flour and the addition of red bean flour and green spinach flour. Red bean flour and green spinach flour are food ingredients that can add to the nutritional value of wet noodle products, such as iron levels and protein levels so that they can be alternative foods to prevent anemia in young women. The purpose of this study was to analyze the organoleptic, hedonic or preference characteristics, iron content, protein content and water content. The experimental research design using a Completely Randomized Design (CRD) method consisted of 3 factors with 3 treatment levels of red bean flour: green spinach flour: wheat flour, namely F1 (20 g: 20 g: 60 g), F2 (35 g: 25 g: 40 g), and F3 (50 g:30 g:20 g). The results of the organoleptic test using the Kruskal Wallis test showed differences in aroma, texture and taste indicators because the p-value was <0.05 so it was continued with the Mann Whitney test. The results of the hedonic test in this study F1 (20g: 20g: 60g) was the most preferred formula by the panelists at 54.63%. The highest test results for iron content in F2 were 8.75 mg/100 gr, the highest protein content test results were in F1 at 8.89%, the highest water content test results were in F3 at 60.24%. The conclusion of this study is that the wet noodle product with the addition of red bean flour and green spinach flour is quite acceptable to the panelists, high iron content, protein content above the minimum quality of wet noodles and water content according to the quality requirements of wet noodles.

Keywords: Anemia, Wet Noodles, Young Women, Red Bean Flour, Green Spinach Flour.