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**PENGARUH SUBSTITUSI DAUN BAYAM (*Amaranthus Tricolor L*)  
TERHADAP KANDUNGAN ASAM FOLAT DAN FE PERMEN JELLY  
JAHE (*Zingiber Officinale*)**

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**ABSTRAK**

Kurang lebih 50–90% wanita hamil trimester 1 mengalami mual muntah pada masa kehamilan. Jahe (*Zingiber officinale*) telah digunakan untuk obat sebagai usaha untuk mengurangi gejala mual muntah, sedangkan kebutuhan zat gizi ibu hamil terus bertambah untuk mendukung pertumbuhan janin yaitu asam folat dan fe. Bayam kaya akan garam mineral seperti kalsium, fosfor, dan besi. Tujuan dari penelitian ini ingin mengetahui pengaruh substitusi daun bayam pada mutu organoleptik, kandungan zat gizi, asam folat dan fe permen *jelly* jahe. Jenis Penelitian ini adalah eksperimental dengan empat formulasi permen *jelly* jahe dengan substitusi bayam yaitu 70%, 80%, 90%. Penilaian organoleptik menggunakan instrumen *Visual Analog Scale* serta identifikasi nilai gizi dilakukan di Laboratorium. Penelitian ini menunjukkan permen *jelly* jahe dengan substitusi bayam berpengaruh pada kandungan gizi proksimat, asam folat dan fe, serta mutu hedonik, namun tidak berpengaruh terhadap penilaian uji hedonik warna, aroma, rasa, tekstur dan keseluruhan. Dari hasil penelitian, produk terpilih adalah F3 substitusi bayam 90% dengan penilaian organoleptik disukai dan memiliki karakteristik yang diinginkan. Kandungan gizi kadar air 32,51%, kadar abu 0,05%, kadar protein 16,97%, kadar lemak 0,3%, kadar karbohidrat 50,06%, kadar asam folat 3170 mcg dan kadar fe 6,49 mg.

**Kata Kunci :** Permen Jelly, Jahe, Bayam, Asam Folat, Fe, Kandungan Gizi, Penilaian Organoleptik

**ABSTRACK**

Approximately 50–90% of first trimester pregnant women experience nausea and vomiting during pregnancy. Ginger (*Zingiber officinale*) has been used for medicinal purposes since ancient times efforts to reduce symptoms of nausea and vomiting, while the nutritional needs of pregnant women continue to increase to support fetal growth, namely folic acid and iron. The purpose of this study was to determine the substitution effect of spinach leaves on organoleptic quality, nutrient content, folic acid and ginger jelly candy. This type of research was experimental with four formulations of ginger jelly candy with substitution of spinach which was 70%, 80%, 90%. Organoleptic assessment using Visual Analog Scale instruments and identification of nutritional values carried out in the Laboratory. This study shows ginger jelly candy with substitution of spinach has an effect on proximate nutrient content, folic acid and iron, and hedonic quality, but does not affect the assessment of hedonic test of color, aroma, taste, texture and overall. From the results of the study, the selected product is 90% substitute F3 with preferred organoleptic assessment and has the desired characteristics. Nutritional content of 32.51% moisture content, 0.05% ash content, 16.97% protein content, 0.3% fat content, 50.06% carbohydrate levels, 3170 mcg folic acid levels and 6.49 mg fe levels.

**Keywords:** Jelly Candy, Ginger, Spinach, Folic Acid, Iron, Nutritional Content, Organoleptick