

ABSTRACT

Judul : Addition Of Sorghum Flour (*Bicolor Sorghum L Moench*)
and Red Spinach Leaves (*Alternanthera Amoena Voss*) in
Wet Mie For Iron Nutrition Prevention Prevention
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Background: Anemia is a state of hemoglobin (Hb) levels in low blood rather than normal values for groups of people according to age and sex. Proteins contained in sorghum flour are one of the nutrients that play a role in the process of forming hemoglobin. The iron content contained in red spinach can be used as an alternative material to prevent and overcome iron deficiency anemia. Wet noodles are one type of noodle that is quite popular in Indonesia.

Objective: Analyze nutrient content and organoleptic assessment on wet noodles with the addition of sorghum flour and red spinach leaves.

Method: Experimental research using experimental design with four levels of addition treatment of sorghum flour 0%, 30%, 20%, 10% and red spinach leaves 0%, 10%, 20%, 30%. The parameters tested were carbohydrate content, protein content, fat content, water content, ash content and analysis of Fe. Organoleptic assessment, namely hedonic test and hedonic quality test covering color, aroma, taste and texture using Visual Analog Scale (VAS) instruments. Data were analyzed using variance (ANOVA) and continued with Duncan's New Multiple Range (DNMRT) test at the level of 5%.

Result: This study showed that wet noodles with the addition of sorghum flour and red spinach leaves had an effect on the nutrient content, and had a significant effect on the evaluation of color hedonic quality.

Conclusion: From the results of the research the selected products for wet noodles with the addition of sorghum flour and red spinach leaves are formulations of F3 which is with a content of iron (Fe) of 5.6 mg. Iron (Fe) has a role in the process of forming red blood cells, as an ingredient in the formation of hemoglobin in blood cells to prevent anemia.

Keywords: Wet noodles, Sorghum flour, Red spinach leaves, Anemia, Nutritional content, Organoleptic assessment.

Bibliography: 80 (2003-2018)