

## ABSTRACT



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**FACULTY OF HEALTH SCIENCES**  
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### **EFFECT ADDITION OF SOY BEAN (*Rhizopus Oryzae*) AND TOMATO (*Solanum Lycopersium*) IN THE MAKING OF ICE CREAM FOR PREGNANT**

vi, VI CHAPTER, 87 Pages, 14 Tables, 4 Pictures, 8 Attachments

**Background:** Anemia is the biggest public health problem in the world, especially for women of reproductive age (WUS). According to RISKESDAS 2018 anemia in pregnant women increased from 37.1% in 2013 to 48.9% in 2018. (According to Soebroto, 2009) Most anemia in pregnancy is caused by iron deficiency. This deficiency can be caused due to lack of iron in the food. According to a survey conducted by the Southeast Asian Food and Agricultural Science Technology (Seafest) in 2011 found that about 57.6% of pregnant women in Indonesia experienced deficiencies in protein and micronutrients. Thus pregnant women need foods high in protein and iron

**Objective:** To determine the nutritional value of ice cream by adding tempeh and tomatoes to the organoleptic properties, protein content and iron (Fe) levels of various formulations.

**Method:** Tests of nutrient content in ice cream were carried out in the Mbrio Laboratory. Organoleptic test in the classroom of Esa Unggul University by filling out the VAS questionnaire which was then processed using the SPSS version 21.0 program. This type of research is experimental research using a Completely Randomized Design (CRD).

**Results:** Based on the results of the hedonic quality test, it is known that the color of ice cream preferred by panelists is F3. The most preferred taste by panelists is F3. The most preferred aroma by panelists is F0, and the most preferred texture by panelists is F0. highest protein products. F3 ice cream products are the highest carbohydrate products. F0 ice cream products are the highest fat products. F3 ice cream products are products with the highest moisture content. F1 ice cream products with the highest ash content. The highest iron cadra is F2

**Conclusion:** There are significant differences in the nutritional value and acceptability of ice cream products with the addition of tempeh and tomatoes with the parameters of taste, color, texture, and aroma

Keywords: Protein content, Iron content, Organoleptic ice cream with tempeh & tomato substitution