

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI
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TUTI PUJI RAHAYU
PENAMBAHAN *PUREE* DAUN UBI JALAR (*Ipomoea batatas L.*) PADA
DONAT KENTANG (*Solanum tuberosum L.*) SEBAGAI ALTERNATIF
MAKANAN TAMBAHAN ANAK USIA SEKOLAH

xii, VI Bab, 15 Gambar, 13 Tabel, 13 Lampiran

Latar Belakang: Konsumsi sayur di Indonesia masih sangat rendah yang berdampak pada rendahnya konsumsi serat pangan sebesar 93,60%. Adanya modifikasi pangan dengan penambahan sayur sebagai sumber serat pangan ke dalam pangan lokal yang sangat digemari seperti donat diharapkan dapat membantu mengatasi masalah rendahnya konsumsi serat pangan pada anak usia sekolah.

Tujuan: Mengetahui penambahan *puree* daun ubi jalar (*Ipomoea batatas L.*) pada donat kentang (*Solanum tuberosum L.*) sebagai alternatif makanan tambahan anak usia sekolah.

Metode: Eksperimen dengan empat formulasi donat dengan rasio tepung terigu : *puree* daun ubi jalar yaitu F0 (100 g : 0), F1 (90 g : 10 g), F3 (80 g : 20 g), dan F3 (70 g : 30 g). Parameter yang diuji adalah analisis proksimat dan serat pangan. Penilaian organoleptik yaitu uji hedonik dan uji mutu hedonik meliputi warna, aroma, tekstur dan rasa menggunakan isntrumen *Visual Analog Scale* (VAS). Uji statistik menggunakan *One-way Anova*.

Hasil: Produk terpilih untuk donat dengan penambahan *puree* daun ubi jalar pada panelis semi terlatih adalah formulasi F1 dan pada panelis konsumen adalah formulasi F2. Kandungan gizi formulasi F1 kadar air 10.32 ± 0.13 , kadar abu 1.85 ± 0.02 , karbohidrat 42.05 ± 0.08 , protein 7.25 ± 0.14 , lemak 38.52 ± 0.12 , dan serat pangan 5.53 ± 0.07 . Kandungan gizi formulasi F2 kadar air 11.85 ± 0.18 , kadar abu 1.74 ± 0.03 , karbohidrat 39.66 ± 0.41 , protein 7.36 ± 0.02 , lemak 39.38 ± 0.57 , dan serat pangan 5.16 ± 0.02 .

Kesimpulan: Penambahan daun ubi jalar pada donat berpengaruh secara bermakna terhadap penilaian organoleptik dan kadar serat pangan donat. Perlu adanya penelitian lanjutan mengenai uji daya simpan dan uji TPC (*Total Plate Count*).

Kata Kunci: Donat, *Puree* Daun Ubi Jalar, Serat Pangan

ABSTRACT



ESA UNGGUL UNIVERSITY

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NUTRITION DEPARTMENT

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TUTI PUJI RAHAYU

THE ADDITION OF PUREE SWEET POTATO LEAVES (*Ipomoea batatas L.*)

ON A POTATO DOUGHNUT (*Solanum tuberosum L.*) AS AN ADDED FOOD

TO SCHOOL-AGE CHILDREN

xii, VI Chapters, 15 Pictures, 13 Tables, 13 Attachments

Background: Vegetable consumption in Indonesia is still very low which affects the low consumption of dietary fiber as big as 93.60%. The existence of food modification with the addition of vegetables, as a source of dietary fiber, into a very popular local food such as doughnut is expected to help overcoming the problem of low consumption of dietary fiber for school-age children.

Objective: To analyze the nutritional content and the organic assessment of the doughnut with the addition of the sweet potato leaf puree.

Method: Experimental research method of using four doughnut formulations with a flour ratio : sweet potato leaf puree are F0 (100 g : 0), F1 (90 g : 10 g), F3 (80 g : 20 g), and F3 (70 g : 30 g). The parameters tested are proximate analysis and dietary fiber. Organoleptic assessment of hedonic test and hedonic quality include color, aroma, texture and taste using Visual Analog Scale (VAS) instruments. Statistical test using One-way Anova.

Results: The selected product for the doughnut with the adding of the sweet potato leaf puree to the semi-trained panelis an F1 formulation and on the consumer panelis an F2 formulation. Nutrient content of the formulation of F1 was 10.32 ± 0.13 , ash content was 1.85 ± 0.02 , carbohydrate was 42.05 ± 0.08 , protein was 7.25 ± 0.14 , fat was 38.52 ± 0.12 , dan dietary fiber was 5.53 ± 0.07 . Nutrient content of the formulation of F2 was 11.85 ± 0.18 , ash content was 1.74 ± 0.03 , carbohydrate was 39.66 ± 0.41 , protein was 7.36 ± 0.02 , fat was 39.38 ± 0.57 , dan dietary fiber was 5.16 ± 0.02 .

Conclusion: The addition of vegetables in sweet potato leaves doughnut significantly affect the organoleptical assesstment and dietary fiber content. There is a need for further research on storage test and analysis of TPC (Total Plate Count).

Keywords: Doughnut, Sweet potato leaf puree, Dietary fiber