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TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI MIE DENGAN PENAMBAHAN UBI JALAR UNGU (*lpomoea batatas L.*) DAN TEPUNG IKAN NILA (*Oreochromis niloticus*)"

ABSTRAK

Latar belakang : Mie merupakan olahan berbahan dasar tepung terigu. Mie dapat dibuat dari bahan lain seperti ubi jalar ungu. Ubi jalar ungu memiliki kandungan karbohidrat yang tinggi dan kandungan protein dan lemak yang relative rendah, untuk meningkatkan kandungan protein dan lemak perlu dikompositkan bahan lain seperti tepung ikan nila.

Tujuan : Mendeskripsikan tingkat kesukaan dan kandungan zat gizi mie dengan penambahan ubi jalar ungu dan tepung ikan nila

Metode : Penelitian ini menggunakan desain eksperimental dalam bidang *food production*. Formulasi mie dengan penambahan ubi jalar ungu dantepung ikan nila yaitu F1 (45% : 15% : 40%), F2 (50% : 10% : 40%) dan F3 (55% : 5% : 40%). Uji tingkat kesukaan dilakukan kepada 25 orang panelis agak terlatih. Formula dengan hasil tingkat kesukaan tertinggi dilakukan analisis proksimat dan serat.

Hasil : Uji tingkat kesukaan dari ketiga formulasi diperoleh oleh hasil tertinggi yaitu formulas 3. Kandungan zat gizi mie dengan penambahan ubi jalar ungu dantepung ikan nila per 100 gram yaitu kadar energi 349,98%, kadar protein 17,681%, kadar lemak 0,9579%, kadar karbohidrat 0,2727% dan serat 4,8125%.

Simpulan : Formula 3 mie dengan penambahan ubi jalar ungu dantepung ikan nila merupakan formulasi terbaik dan sudah memenuhi kriteria kandungan zat gizi mie kering.

Kata Kunci : Tingkat Kesukaan, Kandungan Zat Gizi, Mie, Ubi Ungu, Tepung Ikan Nila

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THE LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF NOODLES WITH ADDITIONAL PURPLE SWEET POTATO (*lpomoea batatas L.*) AND TILAPIA FLOUR (*Oreochromis niloticus*)

ABSTRACT

Background: Noodles are made from wheat flour. Noodles can be made from other ingredients such as purple sweet potato. Purple sweet potato has a high carbohydrate content and relatively low protein and fat content, to increase the protein and fat content it is necessary to combine other ingredients such as tilapia flour.

Objective: To describe the level of preference and nutritional content of noodles with additional purple sweet potato with and tilapia flour

Methods: This study uses an experimental design in the field of *food production*. The formulation of purple sweet potato noodles with the addition of tilapia fish meal were F1 (45%: 15%: 40%), F2 (50%: 10%: 40%) and F3 (55%: 5%: 40%) . The preference level test was carried out on 25 trained panelists. Formulas with the highest level of preference were analyzed for proximate and fiber.

Results: The level of preference test of the three formulations obtained the highest results, namely formula 3. The nutritional content of purple sweet potato noodles with the addition of tilapia fish meal per 100 grams, namely the energy content of 349.98%, protein content of 17.681%, fat content of 0.9579%, high levels of carbohydrates 0.2727% and fiber 4.8125%.

Conclusion: Formula 3 of purple sweet potato noodles with the addition of tilapia fish flour is the best formulation and has met the criteria for the nutritional content of dry noodles.

Keywords: Preference Level, Nutritional Content, Noodles, Purple Sweet Potato, Tilapia Flour