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Kandungan Zat Gizi Mie Tepung Umbi Porang (*Amorphophallus oncophyllus Prain ex Hook. f*) dengan Penambahan Rumput Laut (*Eucheuma cottoni Wettstein*)

ABSTRAK

Latar Belakang : Konsumsi mie yang terus meningkat di Indonesia mengakibatkan banyaknya variasi pengolahan. Kandungan zat gizi mie cukup rendah, untuk meningkatkan kandungan zat gizi dapat ditambahkan bahan pangan. Umbi porang dipilih pada penelitian ini karena mengandung kadar serat yang tinggi dan dapat mengurangi penggunaan bahan tepung terigu. Bahan lain yang ikut berperan dalam penambahan mie **yaitu** rumput laut yang memiliki kandungan serat dan protein.

Tujuan : Mengetahui dan membandingkan kandungan zat gizi mie kering dan mie basah tepung umbi porang dengan penambahan rumput laut

Metode : Penelitian ini menggunakan jenis penelitian deskriptif produk dalam bidang pangan. Penelitian ini menggunakan satu formula dalam dua produk yaitu (50% : 45% : 5%) dengan analisis kandungan gizi menggunakan standar SNI-01-2891-1992, metode kalsium oksalat menggunakan permanganometri dan metode analisis data menggunakan univariat.

Hasil : Didapatkan hasil mie basah dan kering secara berturut-turut dengan kadar energi sebesar 115,06% : 351,01%, karbohidrat 20,38% : 61,81%, kadar protein 4,37% : 12,21%, kadar lemak 1,79% : 6,11%, kadar serat 1,01% : 3,50%, kadar air 72,32% : 13,53, , kadar kalsium oksalat 2,66% : 3,51%.

Simpulan : Produk terbaik yaitu mie kering dengan kandungan gizi lebih tinggi dibandingkan mie basah. Kandungan protein pada mie kering sudah memenuhi standar SNI dengan nilai 12,2 % dan serat sebesar 3,5% dengan minimal TKPI sebesar 0,1 %, begitu pula kandungan gizi seperti karbohidrat, lemak, kadar air dan kalsium oksalat pada mie kering yang secara general memiliki hasil yang lebih baik.

Kata Kunci : *Mie basah, Mie kering, Umbi Porang, Rumput laut, Kandungan Zat Gizi*

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**Nutrient Content of Porang Bulb Noodle Flour (*Amorphophallus
oncophyllus Prain ex Hook. f*) with the Addition of Seaweed
(*Eucheuma cottoni Wettstein*)**

ABSTRACT

Background: The increasing consumption of noodles in Indonesia has resulted in many variations in processing. The nutritional content of noodles is quite low, to increase the nutritional content, food ingredients can be added. Porang tubers were chosen in this study because they contain high fiber content and can reduce the use of wheat flour. Another ingredient that plays a role in adding noodles is seaweed, which contains fiber and protein.

Objective: To find out and compare the nutritional content of dry noodles and wet noodles with porang tuber flour with the addition of seaweed

Methods: This research uses a descriptive product research type in the food sector. This study uses one formula in two products, namely (50%: 45%: 5%) with nutrient content analysis using SNI-01-2891-1992 standard, calcium oxalate method using permanganometry and data analysis method using univariate.

Results: The results obtained were wet and dry noodles respectively with energy content of 115.06%: 351.01%, carbohydrates 20.38%: 61.81%, protein content 4.37%: 12.21%, protein content fat 1.79% : 6.11%, fiber content 1.01% : 3.50%, water content 72.32% : 13.53, calcium oxalate content 2.66% : 3.51%.

Conclusion: The best product is dry noodles with higher nutritional content than wet noodles. The protein content of dry noodles has met the SNI standard with a value of 12.2% and fiber of 3.5% with a minimum TKPI of 0.1%, as well as the nutritional content such as carbohydrates, fat, water content and calcium oxalate in dry noodles which are naturally general has better results.

Keywords : Wet Noodles, Dry Noodles, Porang Bulbs, Seaweed, Nutrient Contents.