

Universitas Ngudi Waluyo
Program Studi S1 Gizi
Fakultas Kesehatan
Skripsi, Agustus 2022
Weni Widia Istiani
060117A072

UJI HEDONIK DAN KANDUNGAN ZAT GIZI MIE DENGAN PENAMBAHAN LABU KUNING (*Cucurbita Moschata*) DAN TEPUNG MOCAF

ABSTRAK

Latar belakang : Tingkat konsumsi mie kering di Indonesia tinggi mencapai 78 g/kapita/tahun. Bahan utama dalam pembuatan mie kering adalah tepung terigu. Mie kering memiliki kandungan serat yang cukup rendah. Labu kuning dan tepung mocaf merupakan bahan pangan lokal yang mempunyai kandungan protein dan serat pangan yang cukup tinggi dan alternative pengganti tepung terigu.

Tujuan : Mengetahui uji hedonik dan kandungan zat gizi mie dengan penambahan labu kuning (*cucurbita moschata*) dan tepung mocaf

Metode : Penelitian ini menggunakan desain eksperimental. Formulasi mie terdiri dari 3 formula yaitu, perbandingan labu kuning : tepung mocaf : tepung terigu untuk formula 1 (55% : 30% : 15%), formula 2 (50% : 35% : 15%), dan formula 3 (45% : 40% : 15%). Uji hedonik dilakukan kepada 25 orang panelis agak terlatih. Analisis data uji hedonik menggunakan rata-rata tingkat penerimaan produk mie dalam bentuk tabel. Analisis kandungan zat gizi protein menggunakan mikro kjehdal, serat dengan SNI 1992

Hasil : Uji hedonik dari tiga formulasi diperoleh oleh hasil tertinggi yaitu formulasi 2. Pada formula 1 (59,6%), formula 2 (62,8%) dan formula 3 (59,2%). Kandungan zat gizi mie formula 2 yaitu kadar protein 7,955 gram, serat 5,013 gram

Simpulan : Formula 2 mie dengan penambahan labu kuning dan tepung mocaf dengan perbandingan labu kuning 50%, tepung mocaf 35% dan tepung terigu 15% merupakan formulasi terbaik. Formula 2 memiliki kandungan zat gizi protein 7,955gram dan serat 5,013 gram

Kata Kunci : Mie kering, Labu Kuning, Tepung Mocaf, Protein, Serat

Ngudi Waluyo University
Nutrition Study Program
Faculty of Health Sciences
Thesis, August 2022
Weni Widia Istiani
060117A027

**SCALE OF PREFERENCE AND NUTRITIONAL CONTENT OF MIE WITH
ADDITIONAL BY YELLOW PUMPKIN (*Cucurbita Moschata*) AND MOCAF FLOUR**

ABSTRACT

Background : The level of consumption of dry noodles in Indonesia is high, reaching 78 g/capita/year. The main ingredient in making dry noodles is wheat flour. Dry noodles have a fairly low nutritional content, especially fiber content. Pumpkin and mocaf flour are local food ingredients that have high protein and dietary fiber content and are an alternative to wheat flour.

Objective: To determine the hedonic test and the nutritional content of noodles with the addition of pumpkin (*cucurbita moschata*) and mocaf flour.

Methods: This study used an experimental design. The noodle formulation consists of 3 formulas, namely, the ratio of pumpkin: mocaf flour: wheat flour for formula 1 (55%: 30%: 15%), formula 2 (50%: 35%: 15%), and formula 3 (45% : 40% : 15%). The hedonic test was conducted on 25 moderately trained panelists. Hedonic test data analysis uses the average level of acceptance of noodle products in tabular form. Analysis of protein nutrient content using micro kjehdal, fiber with SNI 1992

Results: The hedonic test of the three formulations obtained the highest result, namely formulation 2. In formula 1 (59.6%), formula 2 (62.8%) and formula 3 (59.2%). The nutritional content of pumpkin noodles per 100 grams is 7,955 grams of protein, 5.013 grams of fiber

Conclusion: Formul 2 noodles with the addition of pumpkin and mocaf flour with a ratio of 50% pumpkin, 35% mocaf flour and 15% wheat flour is the best formulation. Formula 2 contains 7,955 grams of protein and 5.013 grams of fiber

Keywords: Dry Noodle, Yellow Pumpkin, Mocaf Flour, Protein, Fiber