

Universitas Ngudi Waluyo

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**UJI TINGKAT KESUKAAN DAN KANDUNGAN GIZI PADA STIK DENGAN MODIFIKASI TEPUNG KEDELAI (*Glycine Max (L.) Merrill*) DAN TEPUNG IKAN WADER (*Labiobarbus fasciatus*) DENGAN PENAMBAHAN GENJER (*Limnocharis flava*)**

**ABSTRAK**

**Latar Belakang:** Stik merupakan makanan ringan yang banyak digemari masyarakat. Upaya diversifikasi bahan baku lokal diperlukan untuk meningkatkan nilai gizi produk stik. Tepung kedelai mengandung protein nabati dan serat tinggi, sedangkan tepung ikan wader kaya protein hewani dan kalsium. Genjer, tanaman lokal dengan kandungan serat dan mineral, dapat digunakan untuk meningkatkan nilai gizi stik.

**Tujuan:** Mengetahui tingkat kesukaan dan kandungan gizi stik berbahan dasar tepung kedelai, tepung ikan wader, dan genjer.

**Metode:** Penelitian ini merupakan eksperimen dengan tiga formulasi stik: F1 (50% terigu, 25% kedelai, 20% wader, 5% genjer), F2 (60% terigu, 20% kedelai, 15% wader, 5% genjer), dan F3 (70% terigu, 15% kedelai, 10% wader, 5% genjer). Uji hedonik dilakukan oleh 30 panelis remaja di Desa Tambak Sari. Kandungan gizi (energi, protein, lemak, karbohidrat, serat, dan kalsium) dianalisis pada formula terbaik.

**Hasil:** Formula 2 (F2) merupakan formulasi yang paling disukai dengan rata-rata skor kesukaan 79,2%. Kandungan energi sebesar 510,88 kkal/100 g, karbohidrat 38,24 g, protein 24,14 g, lemak 29,48 g, dan kalsium 221 mg. Satu sajian (40 g) menyumbang 7,57% kebutuhan karbohidrat harian remaja, dan memenuhi kriteria makanan selingan menurut AKG 2019.

**Kesimpulan:** Stik dengan modifikasi tepung kedelai dan tepung ikan wader serta penambahan genjer berpotensi sebagai alternatif camilan bergizi yang disukai remaja, serta memenuhi standar gizi makanan selingan.

**Kata Kunci:** stik, kedelai, ikan wader, genjer, kandungan gizi, uji hedonik.

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**ACCEPTABILITY TEST AND NUTRITIONAL CONTENT OF STICK SNACKS MODIFIED WITH SOYBEAN FLOUR (*Glycine max* (L.) Merrill) AND WADER FISH FLOUR (*Labiobarbus fasciatus*) WITH THE ADDITION OF GENJER (*Limnocharis flava*)**

**ABSTRAK**

**Background:** Stick snacks are widely consumed and favored across various age groups. Efforts to diversify local ingredients are important to improve the nutritional quality of snack products. Soy flour is high in plant-based protein and dietary fiber, while wader fish flour is rich in animal protein and calcium. Genjer (*Limnocharis flava*), a local vegetable, is also high in fiber and minerals, making it a potential additive to enhance the nutritional value of snacks.

**Objective:** To determine the level of preference and nutritional content of stick snacks made from soy flour, wader fish flour, and genjer.

**Methods:** This experimental research involved three formulations: F1 (50% wheat flour, 25% soy flour, 20% wader fish flour, 5% genjer), F2 (60% wheat flour, 20% soy flour, 15% wader fish flour, 5% genjer), and F3 (70% wheat flour, 15% soy flour, 10% wader fish flour, 5% genjer). A hedonic test was conducted with 30 adolescent panelists from Tambak Sari Village. Nutritional analysis of energy, protein, fat, carbohydrates, calcium, and fiber was performed on the most preferred formulation.

**Results:** Formula 2 (F2) was the most preferred by panelists, with an average preference score of 79.2%. The nutritional content per 100 g was: energy 510.88 kcal, carbohydrates 38.24 g, protein 24.14 g, fat 29.48 g, and calcium 221 mg. A single serving (40 g) contributed 7.57% of the daily carbohydrate needs of adolescent girls and fulfilled the criteria for complementary food based on the 2019 Indonesian Recommended Dietary Allowance (AKG).

**Conclusion:** Stick snacks modified with soy flour, wader fish flour, and genjer have the potential to serve as nutritious and acceptable snack alternatives for adolescents, meeting the standards of complementary food for this age group.

**Keywords:** stick snack, soy flour, wader fish, genjer, nutritional content, hedonic test.