

Study Of Making Soybean Flour And Red Spinning Flour Snack Bar As Food Interlude To Prevent Anemia

Melynda Ayyu Khaffifah
Clinical Nutrition Study Program
Health Department

ABSTRACT

Anemia is a medical condition when the number of red blood cells or hemoglobin levels in the body is below normal values. An alternative to preventing anemia is to consume food sources that contain lots of iron. Foods that contain enough iron are red spinach. Utilization of red spinach is processed in the form of flour, red spinach flour contains iron as much as 32.14 mg/100 grams. The basic ingredient used in making snack bars is soybean flour. This study aims to analyze the quality and nutritional properties of the red spinach flour snack bar as a snack to prevent anemia. The design used in this study was RAL (Completely Randomized Design) with 5 treatment formulations with a percentage of red spinach flour as much as 5%, 10%, 15%, 20% and 25% with 5 repetitions. The results of observations on the iron content of snack bars are on average 1.6 mg-8.29 mg. Snack bar products with red spinach flour in the treatment of formulation 1 as much as 5% are the best snack bars based on organoleptic tests with average values of color (7.21), taste (6.49), aroma (6.62), and texture (6,13). The results of the hedonic quality test have criteria for light brown color, sweet and savory taste, weak soybean aroma, and hard texture. The results of the chemical test snack bar with the best treatment had protein content of 15.7%, fat 26.78%, carbohydrates 48.44%, energy 497.93 Kcal, water content 8.96% and iron 1.65 mg, ash 0.0327%

Keywords: Anemia, red spinach flour, iron, snack bar