# MAKING *EGG ROLL* SUBSTITUTION OF MORINGA LEAF FLOUR AS AN ALTERNATIVE TO A HIGH-IRON SNACK

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## *ABSTRACT*

*Anemia often occurs in young women because young women with has menstrual period every month. Anemia can be prevented by eating foods high in iron. Egg roll which substituted with moringa leaf flour. This study aims to determine the characteristics of egg roll substitution of moringa leaf flour as an alternative high iron snack for people with iron deficiency anemia. The experimental design used was complete randomized design (crd) with 6 substitution treatment of moringa leaf flour p1 = 5%; p2 = 10%; p3 = 15%; p4= 20%; p5 = 25%; p6 = 30% and in each treatment repeated 3 times. The results showed that the higher the addition of Moringa leaf flour and the lower the percentage of wheat flour, the higher the iron content in the egg roll. There is a significant difference (sig ≤ 0.05) on iron content, physical test (fracture power) and organoleptic test for egg roll substitution of Moringa leaf flour. The best treatment of this research is P1 treatment (95% wheat flour and 5% Moringa leaf flour) with the characteristics of iron content 4.20 mg / 100 grams, fracture power or texture 12.87 N / 100 gr, very fond taste, color yellowish green / like, aromatic like, and crunchy texture / really like. Provision of egg roll substitution food for moringa leaf flour per meal based on ALG in 2016 for 2150 kcal energy needs, namely 50 grams of egg roll.*

***Keywords**: anemia, drumstick leaves flour, egg roll, iron*