

Mie Basah Substitusi Tepung Ubi Jalar Ungu dan Tepung Kedelai Sebagai Makanan Fungsional Sumber Serat

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ABSTRAK

Perubahan teknologi dan gaya hidup masyarakat cenderung lebih meminati makanan cepat saji (*fast food*), namun *fast food* mengandung serat pangan yang rendah. Kekurangan serat pangan dapat menyebabkan beberapa masalah kesehatan, seperti obesitas dan penyakit degeneratif lainnya (kolesterol, jantung, dan diabetes). Penelitian ini bertujuan untuk menganalisis sifat mutu atau karakteristik mie basah substitusi tepung ubi jalar ungu dan tepung kedelai sebagai makanan fungsional sumber serat. Rancangan yang digunakan yaitu Rancangan Acak Lengkap (RAL) dengan 6 formulasi yaitu 80%:20%, 75%:25%, 70%:30%, 65%:35%, 60%:40%, dan 55%:45% dengan pengulangan 4 kali. Berdasarkan hasil penelitian, mie basah dengan proporsi tepung ubi jalar ungu 70% dan tepung kedelai 30% menghasilkan produk mie basah terbaik dari hasil uji organoleptik warna (cenderung ungu pekat/suka), tekstur (cenderung kenyal/suka), aroma (cenderung agak langu/agak suka), rasa (cenderung ubi ungu/agak suka). Hasil uji kimia mie basah dengan perlakuan terbaik memiliki kadar protein 9,45%, lemak 3,91%, karbohidrat 51,55%, abu 1,74%, air 33,19%, dan serat pangan 4,26 gram. Untuk satu kali konsumsi, konsumen dianjurkan mengkonsumsi 1 mangkuk mie basah atau 175 gram dengan kandungan energi 488 kkal, protein 16 gram, lemak 6 gram, karbohidrat 90 gram, dan serat pangan 7 gram.

Kata Kunci : Mie Basah, Serat Pangan, Makanan Fungsional, Takaran Saji

Wet Noodle Substitution of Purple Sweet Potato Flour and Soybean Flour as Functional Foods for Fiber Sources

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ABSTRACT

Changes in technology and people's lifestyle tend to be more interested in fast food, but fast food contains low fiber food. Lack of food fiber can cause several health problems, such as obesity and other degenerative disease (cholesterol, heart disease, and diabetes). This study aims to analyze the quality properties of characteristics of wet noodles substitute purple sweet potato flour and soy flour as a functional food source of fiber. The design used is Completely Randomized Design (CRD) with 6 formulations namely 80%:20%, 75%:25%, 70%:30%, 65%:35%, 60%:40%, 55%:45% with 4 repetitions. Based on the results of the study, wet noodles with the proportion of purple sweet potato flour 70% and soy flour 30% produce the best wet noodle products from organoleptic test results of color (tend to be deep purple/like), texture (tend to be chewy/like), smell (tend to be rather unpleasant/rather like), taste (tends to purple sweet potato/somewhat like). The results of the wet noodle chemical test with the best treatment had 9,45% protein content, 3,91% fat, 51,55% carbohydrate, 1,74% ash, 33,19% water, and 4,26 gram food fiber. For one time consumption, consumers are advised to consume 1 cup of wet noodles or 175 grams with an energy content of 448 kcal, 16 gram protein, 6 gram fat, 90 gram carbohydrate, and 7 gram food fiber.

Keywords: Wet Noodles, Food Fiber, Functional Foods, Serving Doses