Moringa Leaf Flour Pinch Cake as a Snack Containing Iron for Adolescent Girls

Nurul Arofah Kusuma Dewi
Clinical Nutrition Study Program
Departement of Health

ABSTRACT

Iron deficiency anemia is anemia that is often experienced by teenagers, especially adolescent girls, which is caused by a lack of iron consumption in the body. This study aims to analyze the iron content and acceptability of pinch cake with the substitution of Moringa leaf flour. The research design used was a Completely Randomized Design (CRD) with 6 treatments with 4 repetitions, namely P1 (86% wheat flour : 14% Moringa leaf flour), P2 (84% wheat flour : 16% Moringa leaf flour), P3 (82% wheat flour: 18% Moringa leaf flour), P4 (80% wheat flour : 20% Moringa leaf flour), P5 (78% wheat flour: 22% Moringa leaf flour), and P6 (76% wheat flour: 24% moringa leaf flour). The results of the study showed that there were significant differences in the average iron content of pinch cakes for each treatment. The organoleptic results from 6 treatments showed that Moringa's bitter taste was slightly weak and rather strong, the color was dark green and very dark, the distinctive aroma of Moringa was rather weak and strong, and the texture was slightly soft and soft, while the panelists liking level was like it. The result of best treatment was P1 (86% wheat flour: 14% Moringa leaf flour). The results of the chemical test for the best treatment pinch cake were iron content 2.37 mg, energy 294.71 kcal, protein 13.15 grams, fat 7.19 grams, carbohydrates 44.35 grams per 100 grams. The portion of moringa leaf flour pinch cake as a snack is 100 g with an energy content of 290 kcal, 13 g protein, 7 g fat, 44 g carbohydrates and 2.37 mg iron.

Keywords : *Iron Deficiency Anemia, Iron, Moringa Leaf Flour, Pinch Cake*