

The Making of Peanut Extract Ice Cream (*Arachis hypogaea*) as a High Protein Snack for 6-12 Years Old Children

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ABSTRACT

School-age children begin to know new things especially snacks at school. Nutrition needed by children from macronutrients as protein. One of the ingredient food that contains by protein is peanuts. The most preferred snacks for children is ice cream. Ice cream can be modified by adding peanuts extract. This modification is expected to be one of snack foods that can meet the protein requirements for children aged 6-12 years. This study aims to determine the protein content, especially protein and characteristics of peanut extract ice cream for children aged 6-12 years. The research design used was Randomized Block Design (RBD) with 5 treatments 5 repetitions. The results showed that protein content, total solids, overrun, melting resistance on ice cream showed that there were significant significant differences in each treatment. Hedonic quality test on Clinical Nutrition students showed that there were significant differences ($P <0.05$) for taste. The hedonic test on MI Darul Huda 02 students showed that $> 75\%$ were very fond of color, taste, smell and texture in each treatment. The best treatment is found in A1 treatment (75% peanut extract + 20% powdered milk). One serving of ice cream 1 / 2cup ice cream (28 grams) with an energy content of 51.14 kcal, 5.90 grams of protein, 1.67 grams of total fat and 3.12 grams of starch. Energy contribution 2.3%, protein 9.8%, fat totaling 2.5%, and carbohydrate requirements 0.96% from AKG.

Keywords: Protein, Peanuts, Ice Cream