

POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN GIZI
Tugas Akhir, Juni 2022

Ririntiara Wardani

Kajian Pembuatan *Cookies* Berbahan Dasar Tepung Ubi Jalar Ungu (*Ipomoea Batatas Var Ayamurasaki*) dengan Penambahan Tepung Hati Ayam dan Bayam Merah Sebagai Alternatif Makanan Selingan Ibu Hamil

xiii + 63 Halaman, 13 Tabel, 14 Gambar

ABSTRAK

Cookies merupakan salah satu alternatif makanan selingan bagi ibu hamil. Produk *cookies* yang dikonsumsi sampai saat ini masih memiliki nilai gizi yang terbatas. Nilai gizi *cookies* tepung ubi jalar ungu dapat ditingkatkan dengan penambahan tepung hati ayam dan bayam merah yang mempunyai kandungan zat besi yang cukup tinggi. Tujuan penelitian ini adalah untuk mengetahui sifat organoleptik (warna, aroma, rasa, tekstur, dan penerimaan kesukaan) serta kandungan zat besi dari *cookies* tepung ubi jalar ungu dengan penambahan tepung hati ayam dan bayam merah yang paling disukai.

Metode yang digunakan berupa deksriptif dengan tiga kali pengulangan. Penelitian ini menggunakan 2 faktor yaitu penambahan tepung hati ayam dengan konsentrasi 0%, 10%, 15%, 20% dan juga penambahan 20% bayam merah. Uji organoleptik menggunakan metode uji hedonik, kandungan gizi dihitung menggunakan TKPI, dan khusus untuk kandungan zat besi dianalisis dengan metode spektrofotometer serapan atom, serta menghitung *foodcost* pada *cookies* yang paling disukai. Data dianalisis secara univariat yaitu distribusi frekuensi yang disajikan dalam bentuk tabel dan histogram.

Berdasarkan uji organoleptik didapatkan hasil *cookies* tepung ubi jalar ungu dengan penambahan tepung hati ayam dan bayam merah yang paling disukai yaitu formula 2 dengan penambahan tepung hati ayam 10% dan bayam merah 20%. Nilai gizi *cookies* tepung ubi jalar ungu dengan penambahan tepung hati ayam dan bayam merah adalah 112.5 kalori, 2.2 gr protein, 4.6 gr lemak, 15.4 gr karbohidrat, 1.4 gr serat, 29.5 mg kalsium, dan 0.94 mg zat besi per takaran saji. Harga *cookies* per takaran saji adalah Rp. 2.600. Perlu dilakukan uji umur simpan tentang *cookies* tepung ubi jalar ungu dengan penambahan tepung hati ayam dan bayam merah dan perlu dilakukan uji proksimat untuk mengetahui kandungan zat gizi *cookies* yang lebih tepat serta kedepannya dapat dilakukan pengembangan produk *cookies* berbahan dasar tepung ubi jalar ungu karena dapat dijadikan salah satu alternatif makanan bebas gluten untuk penderita ASD (*Autism Spectrum Disorder*).

Kata kunci : *Cookies*, Bayam Merah, Tepung Hati, Tepung Ubi Jalar
Daftar Bacaan : 70 (1932-2020)

**HEALTH POLYTECHNIC OF TANJUNGPUR
NUTRITION DEPARTMENT
Final Report, June 2022**

Ririntiara Wardani

The Study Of Making *Cookies* Made From Purple Sweet Potato Flour (*Ipomoea batatas var Ayamurasaki*) with Addition Of Chicken Liver Flour and Red Spinach As Alternatives Snacks For Pregnant Women

xiii + 63 Pages, 13 Tables, 14 Pictures

ABSTRACT

Cookies are an alternative snack for pregnant women. Cookies products that are consumed until now still have limited nutritional value. The nutritional value of purple sweet potato flour cookies can be increased by the addition of chicken flour and red spinach which has a fairly high iron content. The purpose of this study was to determine the organoleptic properties (color, aroma, taste, texture, and preference acceptance) and the iron content of purple sweet potato flour cookies with the addition of chicken liver flour and red spinach which were the most preferred.

The method used will be descriptive with three repetitions. This study used 2 factors, namely the addition of chicken liver flour with a concentration of 0%, 10%, 15%, 20% and also the addition of 20% red spinach. The organoleptic test using hedonic test method, nutritional content is calculated using TKPI, and specifically for iron content analyzed by atomic absorption spectrophotometer method, and calculates the food cost of the most preferred cookies. The data were analyzed univariately, namely the frequency distribution presented in the form of tables and histograms.

Based on the organoleptic test, it was found that the purple sweet potato flour cookies with the addition of chicken liver flour and red spinach were the most preferred, namely formula 2 with the addition of 10% chicken liver flour and 20% red spinach. The nutritional value of purple sweet potato flour cookies with the addition of chicken liver flour and red spinach is 112.5 calories, 2.2 grams protein, 4.6 grams fat, 15.4 grams carbohydrates, 1.4 grams fiber, 29.5 mg calcium, and 0.94 mg of iron per serving. The price of cookies per serving is Rp. 2.600. It is necessary to test the shelf life of purple sweet potato flour cookies with the addition of chicken liver flour and red spinach and it is necessary to do a proximate test to determine the nutritional content of cookies which is more precise and in the future it can be done to develop a cookies product made from purple sweet potato flour because it can be used as an alternative to gluten free food for people with ASD (Autism Spectrum Disorder).

Keywords : Cookies, Red Spinach, Liver Flour, Sweet Potato Flour
References : 70 (1932-2020)