

**POLITEKNIK KESEHATAN TANJUNGPINANG
JURUSAN GIZI**

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**Kajian Pembuatan Siomay Ikan Ekor Kuning Daun Kelor Dengan Tambahan
Hati Ayam Sebagai Selingan Tinggi Protein Dan Zat Besi Bagi Ibu Hamil**

xv + 60 halaman + 12 tabel, 16 gambar, 9 lampiran

ABSTRAK

Siomay ialah salah satu camilan tradisional Tiongkok yang biasanya dibuat dengan bahan dasar daging ikan cincang dengan campuran tapioka serta bumbu penyedap yang dibungkus dengan kulit pangsit, dan telur. Sekarang ini siomay ialah cemilan yang digemari anak-anak, remaja juga orang tua (berdasarkan data seberapa besar orang yang mengonsumsi siomay tidak ada tetapi, siomay Indonesia mendapatkan rating 4,8 dari taste atlas pada 26 April 2024). Tujuan riset ini agar melihat proses karakteristik siomay berbahan ikan ekor kuning, hati ayam, daun kelor.

Penelitian ini dilakukan menggunakan metode eksperimen dan uji kandungan gizi dengan perlakuan substitusi daun kelor terhadap siomay ikan ekor kuning yang sangat digemari berdasarkan kualitas dan tingkat kesukaan dilakukan melalui uji organoleptik, mencakup aspek warna, aroma, tekstur, rasa, serta penerimaan menyeluruh. Metode uji hedonik digunakan untuk mengevaluasi preferensi panelis terhadap produk tersebut. Pengamatan terdiri dari empat formulasi perbandingan ikan ekor kuning, hati ayam serta daun kelor F1 (200:10), F2 (200:20), F3 (200:30).

Siomay berbahan dasar ikan ekor kuning, hati ayam serta daun kelor yang sangat digemari yakni formula 2 pada substitusi hati ayam 20% dan daun kelor 40 gr. Harga *siomay* per porsi dengan berat 45 gram adalah Rp. 11.806. Kandungan nilai gizi siomay yaitu energi sebesar 76,35 kkal, protein 6,21 gram, lemak 1,39 gram, karbohidrat 9,55 gram dan zat besi 0,99 mg. Pada riset berikutnya perlu dilakukan uji proksimat guna memahami kandungan gizi siomay bahan dasar ikan ekor kuning, hati ayam, dan daun kelor secara spesifik. Produk siomay dapat ditingkatkan kadar zat besinya dengan menambahkan bahan yang kaya akan zat besi.

Kata kunci : Siomay, hati ayam, daun kelor, protein, zat besi, ibu hamil.

Daftar bacaan : 31 (2012-2024).

**TANJUNGKARANG HEALTH POLYTECHNIC
NUTRITION DEPARTMENT**

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**Study of Making Mackerel Dumplings With the addition of Chicken Liver
Moringa Leaves as a high Protein and Iron Snack for Pregnant Women**

xv + 60 pages + 12 tables, 16 images, 9 attachments

ABSTRACT

Siomay is a traditional Chinese snack typically made from minced fish mixed with tapioca and seasoning, wrapped in wonton skin and combined with egg. Currently, siomay is a snack favored by children, teenagers, and adults alike (although there is no specific data on the number of siomay consumers, Indonesian siomay received a 4.8 rating on Taste Atlas as of April 26, 2024). This research aims to observe the characteristics of siomay made from yellowtail fish, chicken liver, and moringa leaves.

The study employed an experimental method and nutritional content analysis with the treatment of moringa leaf substitution in yellowtail fish siomay, which was evaluated based on quality and preference using organoleptik tests. These tests assessed aspects such as color, aroma, texture, taste, and overall acceptance. The hedonic test method was used to evaluate the panelists' preferences for the product. Observations included four formulation ratios of yellowtail fish, chicken liver, and moringa leaves: F1 (200:10), F2 (200:20), and F3 (200:30).

The most preferred siomay made from yellowtail fish, chicken liver, and moringa leaves was Formula 2, with 20% chicken liver substitution and 40 grams of moringa leaves. The price of siomay per portion weighing 45 grams is IDR 11,806. The nutritional content of the siomay includes 76.35 kcal of energy, 6.21 grams of protein, 1.39 grams of fat, 9.55 grams of carbohydrates, and 0.99 mg of iron. In future research, proximate testing should be conducted to understand the nutritional composition of siomay made from yellowtail fish, chicken liver, and moringa leaves more specifically. The iron content of siomay can be enhanced by incorporating ingredients rich in iron.

Keywords : Siomay, chicken liver, moringa leaves, protein, iron, pregnant women.

References : 31 (2012-2024).