

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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ABSTRAK

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**PENGEMBANGAN MI DENGAN SUBSTITUSI BAHAN PANGAN LOKAL
(TEPUNG MOCAF DAN TEPUNG IKAN LELE) SEBAGAI ALTERNATIF
PANGAN DARURAT BENCANA**

Penanganan pasca bencana alam membutuhkan pangan darurat yang memiliki energi dan kandungan gizi yang tinggi. Berdasarkan Kemenkes RI (2012) standar ransum pangan darurat sesuai dengan pemenuhan kebutuhan konsumsi harian manusia yaitu 2100 k.kal energi, 50 g protein, 40 g lemak dan 385 g karbohidrat. Penelitian ini bertujuan mengetahui nilai mutu organoleptik yang meliputi warna, aroma, tekstur dan rasa serta nilai gizi yang meliputi kandungan proksimat yang meliputi kadar air, abu, protein, lemak, karbohidrat, dan energi. Jenis penelitian ini bersifat eksperimen menggunakan desain Rancangan Acak Lengkap (RAL) dengan empat perlakuan. Formula mi dibuat dengan perbandingan tepung terigu : tepung mocaf : tepung ikan lele yaitu F0 (100:0:0), F1 (80:15:5), F2 (75:15:10), dan F3 (70:15:15). Penilaian daya terima dilakukan oleh 30 panelis tidak terlatih. Uji kandungan proksimat dilakukan dengan metode SNI 01-2891-1992 butir 5.1 (kadar air), SNI 01-2891-1992 butir 6.1 (kadar abu), Titrimetri (protein), Gravimetri (Lemak) dan *By Difference* (karbohidrat dan energi). Analisis hasil penilaian organoleptik menggunakan uji *Kruskal Wallis* dan uji lanjut *Mann-Whitney*. Hasil analisis uji organoleptik pada seluruh indikator menunjukkan ada perbedaan ($p < 0,05$). Hasil organoleptik menunjukkan F0 sebagai formula kontrol dengan rata-rata (4,12) dan F1 sebagai formula terpilih dengan rata-rata (3,75). Hasil uji kandungan proksimat formula terpilih pada kadar air yaitu 32,39 g, abu 0,63 g, protein 10,27 g, lemak 6,4 g, karbohidrat 50,30 g, dan energi 299,92 k.kal. Kadar lemak, karbohidrat, dan energi pada F1 lebih rendah dibandingkan dengan F0. Mi formula terpilih belum dapat dijadikan alternatif pangan darurat karena formula yang paling disukai panelis yaitu formula kontrol dan kandungan gizi yang belum memenuhi syarat pangan darurat. Perlu dilakukan penelitian lebih lanjut terkait komposisi mi agar kandungan gizi mi dapat memenuhi syarat ransum pangan darurat bencana.

Kata kunci: mi, mocaf, pangan darurat, tepung ikan lele

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ABSTRACT

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DEVELOPMENT OF NOODLES WITH SUBSTITUTION OF LOCAL FOOD INGREDIENTS (MOCAF FLOUR AND CATFISH MEAL) AS AN ALTERNATIVE FOOD FOR DISASTER EMERGENCIES

Post-natural disasters requires emergency food that has high energy and nutritional content. Based on the Indonesian Ministry of Health (2012), the standard of emergency food rations in accordance with the fulfillment of daily human consumption needs is 2100 k.kal of energy, 50 g of protein, 40 g of fat and 385 g of carbohydrates. This study aims to determine the value of organoleptic quality which includes color, aroma, texture and taste as well as nutritional value which includes proximate content which includes water content, ash, protein, fat, carbohydrates, and energy. This type of research is experimental using a completely randomized design (CRD) design with four treatments. The noodle formula was made with the ratio of wheat flour: mocaf flour: catfish flour, namely F0 (100:0:0), F1 (80:15:5), F2 (75:15:10), and F3 (70:15:15). Acceptability assessment was conducted by 30 untrained panelists. The proximate content test was conducted using the methods of SNI 01-2891-1992 item 5.1 (moisture content), SNI 01-2891-1992 item 6.1 (ash content), Titrimetry (protein), Gravimetric (Fat) and By Difference (carbohydrate and energy). Analysis of organoleptic assessment results using Kruskal Wallis test and Mann-Whitney further test. The results of organoleptic test analysis on all indicators showed a difference ($p < 0.05$). Organoleptic results showed F0 as the control formula with an average (4.12) and F1 as the selected formula with an average (3.75). The results of the proximate content test of the selected formula on water content were 32.39 g, ash 0.63 g, protein 10.27 g, fat 6.4 g, carbohydrates 50.30 g, and energy 299.92 k.cal. Fat, carbohydrate, and energy levels in F1 are lower than those in F0. The selected noodle formula cannot be used as an alternative emergency food because the formula most favored by panelists is the control formula and the nutritional content does not meet the emergency food requirements. Further research needs to be done regarding the composition of the noodles so that the nutritional content of the noodles can meet the requirements of disaster emergency food rations.

Keywords: catfish meal, emergency food, mocaf, noodles