

ABSTRAK

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FORMULASI SEMPOL KUKUS BERBAHAN TEPUNG GARUT DAN IKAN  
LELE SEBAGAI JAJALAN ANAK SEKOLAH

Jajanan memiliki kontribusi besar terhadap asupan gizi anak usia sekolah. Sempol adalah salah satu jajanan yang disukai anak sekolah. Penelitian ini bertujuan mengembangkan produk jajanan sehat sempol kukus berbahan tepung garut (*Maranta arundinacea L.*) dan ikan lele (*Clarias sp.*) sebagai alternatif bebas gluten dan bernilai gizi baik. Penelitian menggunakan Rancangan Acak Lengkap (RAL) dengan empat formulasi dengan perlakuan rasio substitusi tepung garut dan terigu : F0 (0%:100%), F1 (50%:50%), F2 (75%:25%), dan F3 (100%:0%) serta penambahan 200 g ikan lele pada setiap formula. Uji organoleptik dilakukan terhadap 30 panelis semi-terlatih untuk menilai warna, aroma, rasa, dan tekstur. Formula terbaik dianalisis proksimat dan data dianalisis dengan uji *Kruskal–Wallis* dan *t* independen pada taraf kepercayaan 95%. Hasil penelitian menunjukkan, Formula F2 memperoleh tingkat kesukaan tertinggi (rata-rata 3,06; kategori “cukup suka”) dan menunjukkan perbedaan nyata ( $p < 0,05$ ) terhadap kontrol (F0) pada kadar air, protein, karbohidrat, dan energi. Komposisi proksimat F2 adalah kadar air 50,81%, protein 7,35%, lemak 3,34%, abu 1,04%, karbohidrat 37,45%, dan energi 209,30 kkal/100 g. Substitusi tepung garut 75% dengan penambahan ikan lele menghasilkan sempol kukus dengan mutu sensori dan kandungan gizi lebih baik, cocok sebagai jajanan anak sekolah. Untuk penelitian lanjutan perlu diteliti mengenai daya simpan dan uji kesukaan anak sekolah terhadap produk ini.

**Kata kunci:** anak sekolah, analisis proksimat, ikan lele, jajanan sehat, tepung garut

**ABSTRACT**

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**FORMULATION OF STEAMED SEMPOL MADE FROM ARROWROOT FLOUR AND CATFISH AS A HEALTHY SNACK FOR SCHOOL CHILDREN**

*Snacks have an important contribution to the nutritional intake of school-age children. Sempol is a popular snack among schoolchildren. This study aimed to develop a healthy snack product, made from arrowroot flour (*Maranta arundinacea* L.) and catfish (*Clarias* sp.) as a gluten-free and protein-rich alternative to common wheat-based snacks. The research used a Completely Randomized Design with four formulations with the treatment of the substitution ratio of arrowroot flour and wheat flour: F0 (0%:100%), F1 (50%:50%), F2 (75%:25%), and F3 (100%:0%) as well as adding 200 g of catfish to each formula. Organoleptic tests were conducted with 30 semi-trained panelists to evaluate color, aroma, texture. The most preferred formulation was analyzed for proximate composition. Statistical analysis employed the Kruskal–Wallis test and independent t-test at a 95% confidence level. The research results show, The F2 formulation had the highest overall acceptance score of 3.06 (“liked”) and showed significant differences ( $p < 0.05$ ) in moisture, protein, carbohydrate, and energy compared to control (F0). The proximate composition of F2 was: moisture 50.81%, protein 7.35%, fat 3.34%, ash 1.04%, carbohydrate 37.45%, and energy 209.30 kcal per 100 g. The substitution of wheat flour with 75% arrowroot flour and the addition of catfish produced steamed sempol with improved nutritional quality and acceptable sensory characteristics, suitable as a healthy snack for school children. Further research should explore shelf-life stability and sensory evaluation among school-aged consumers.*

**Keywords:** *arrowroot flour, catfish, healthy snack, proximate analysis, student*