

VARIASI CAMPURAN PUREE WORTEL DALAM PEMBUATAN KUE TALAM DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK DAN KADAR BETA KAROTEN

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ABSTRAK

Latar Belakang : kekurangan vitamin A merupakan salah satu masalah gizi utama di Indonesia. Hasil survey pemantauan status gizi dan kesehatan menunjukkan angka 10 juta balita atau separuh dari total anak balita mengalami kekurangan vitamin A. Pembuatan kue talam wortel diharapkan dapat menjadi snack yang dapat membantu memenuhi kebutuhan asupan vitamin A.

Tujuan : penelitian ini bertujuan untuk mengetahui pengaruh variasi campuran puree wortel pada kue talam ditinjau dari sifat fisik, sifat organoleptik dan kadar betakaroten.

Metode : jenis penelitian ini adalah penelitian ekperimental dengan rancangan acak sederhana (RAS). Sifat fisik dianalisis dengan statistik parametrik menggunakan uji *Annova*. Apabila ada perbedaan dilanjutkan dengan uji *Duncan*. Kadar beta karoten dianalisis secara deskriptif.

Hasil : sifat fisik menunjukkan bahwa semakin banyak campuran puree wortel pada kue talam maka warna semakin orange, aroma khas kue talam semakin berkurang namun aroma khas langu wortel tidak muncul, rasa semakin manis khas wortel dan tekstur semakin lunak. Hasil analisis sifat organoleptik menunjukkan produk kue talam yang paling disukai panelis dari segi warna dan aroma yaitu pada kue talam dengan campuran 60% puree wortel. Kadar beta karoten, semakin banyak campuran puree wortel pada kue talam maka kandungan beta karoten semakin meningkat.

Kesimpulan : ada pengaruh variasi campuran puree wortel pada pembuatan kue talam terhadap sifat fisik, sifat organoleptik dan kadar beta karoten.

Kata Kunci : puree wortel, kue talam, sifat fisik, sifat organoleptik, kadar beta karoten

**PUREE CARROT MIXED VARIATIONS IN MAKING TALAM CAKE
VIEWED FROM PHYSICAL PROPERTIES, ORGANOLEPTIC
PROPERTIES AND LEVELS BETA CAROTENE**

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ABSTRACT

Background: vitamin A deficiency is one of the main nutritional problems in Indonesia. The results of the survey rotating the nutritional and health status showed the figure of 10 million children under five or separated from the total children under five deficient in vitamin A. Making carrot talam cake is expected to be a snack that can help meet the needs of vitamin A intake.

Objectives: this study aims to determine the effect of variations in carrot puree mixture on talam cake in terms of physical properties, organoleptic properties, and beta-carotene levels.

Methods: this type of research is experimental research with a simple random design (RAS). Physical properties were analyzed by parametric statistics using the Anova test. If there is a difference then proceed with the Duncan test. Beta carotene levels were analyzed descriptively.

Results: the physical properties show that the more carrot puree mixture in the talam cake, the more orange the color, the typical aroma of the talam cake decreases but the distinctive aroma of carrot odor does not appear, the more sweet taste typical carrot and texture is getting softer. The results of the organoleptic analysis showed that the most preferred talam cake products in terms of color and aroma were the talam cake with a mixture of 60% carrot puree. Beta carotene levels, the more carrot puree mixture in talam cake, the beta carotene content is increasing.

Conclusion: there is an effect of variations in the mixture of carrot puree on the making of talam cake on physical properties, organoleptic properties, and beta carotene levels.

Keywords: carrot puree, talam cake, physical properties, organoleptic properties, beta carotene levels