

**PHYSICAL PROPERTIES, THE NATURE OF THE ORGANOLEPTIC
AND FE CONTENT OF MILK PUDDING WITH A MIXTURE OF
KIDNEY BEANS (*Phaseolus vulgaris* L.) AS A HIGH FE SNACK TO
PREVENT ANEMIA FOR TEENAGE GIRL**

Talitha Desra, Noor Tifauzah, Agus Wijanarka
Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293 0274-617679
(Email : talithadesra@gmail.com)

Abstract

Background: One of the nutritional problems of teenage girls is anemia. Most cases of anemia are caused by a lack of Fe intake. Iron deficiency anemia is one of the focuses in improving community nutrition in Indonesia. Kidney beans can contribute to daily iron intake because of their high Fe content. The pudding product was chosen because it is a product that has developed and is in demand by the wider community.

Objectives: Determine the physical properties, organoleptic, and Fe levels of Kamersu pudding as a high Fe snack to prevent anemia for teenage girl.

Method: The studies were purely experimental by conducting physical tests, organoleptic tests and fe levels measurement of milk pudding snacks with selected kidney bean mixtures. Variations of kidney bean mixture are A (0%), B (15%), C (30%), and D (45%). The physical properties test was conducted by researchers and 2 enumerators. The organoleptic test was conducted by 23 moderately trained panelists. Fe content measurement using the Colorimeter-Thiocyanate method.

Results: The more variety of mixing of kidney beans, the color of the pudding the more brown, flavorful typical of kidney bean and textured somewhat chewy. The results showed significant differences in the level of color fondness and aroma of the pudding. The average Fe content per 100 g sample resulted from all four variations of the pudding were A (2.3mg), B (2.69mg), C (2.27mg), and D (3.73mg). The results showed no significant difference in Fe ($p>0.05$) levels.

Conclusions: There are an influence of variations in mixing kidney bean on the physical properties of the pudding. There is the effect of the variety of mixing of kidney beans on the level of color and aroma preferences in the pudding, while the variety of mixing of kidney beans for the level of fondness of texture and taste in the pudding has no effect. There was no significant difference in the four treatments on the levels of Fe pudding.

Keywords: physical properties, organoleptic, anemia, teenage girl, kidney bean

**SIFAT FISIK, SIFAT ORGANOLEPTIK DAN KADAR FE PUDING SUSU
DENGAN CAMPURAN KACANG MERAH (*Phaseolus vulgaris* L.)
SEBAGAI ALTERNATIF MAKANAN KUDAPAN TINGGI FE UNTUK
PENCEGAHAN ANEMIA REMAJA PUTRI**

Talitha Desra, Noor Tifauzah, Agus Wijanarka
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta 55293 0274-617679
(Email : talithadesra@gmail.com)

Abstrak

Latar belakang: Salah satu permasalahan gizi remaja putri adalah anemia. Sebagian besar kasus anemia disebabkan oleh kekurangan asupan Fe. Anemia defisiensi zat besi menjadi salah satu fokus dalam perbaikan gizi masyarakat di Indonesia. Kacang merah dapat berkontribusi dalam kecukupan zat besi sehari-hari karena kandungan Fe nya yang tinggi. Produk puding dipilih karena merupakan produk yang telah berkembang dan diminati masyarakat luas.

Tujuan: Mengetahui sifat fisik, sifat organoleptik, dan kadar Fe puding Kamersu sebagai alternatif kudapan tinggi Fe untuk pencegahan anemia pada remaja putri.

Metode: Penelitian ini merupakan eksperimental murni dengan melakukan uji fisik, uji organoleptik dan pengukuran kadar Fe kudapan puding susu dengan variasi campuran kacang merah A (0%), B (15%), C (30%), dan D (45%). Uji sifat fisik dilakukan oleh peneliti dan 2 enumerator. Uji organoleptik dilakukan oleh 23 orang panelis agak terlatih. Pengukuran kadar Fe menggunakan metode Kolorimeter-Tiosianat.

Hasil: Semakin banyak variasi pencampuran kacang merah maka warna puding semakin berwarna coklat, beraroma khas kacang merah dan bertekstur agak kenyal. Hasil penelitian menunjukkan terdapat perbedaan yang signifikan terhadap tingkat kesukaan warna dan aroma puding. Rata-rata kadar Fe per 100 g sampel yang dihasilkan dari keempat variasi puding yaitu A (2,3mg), B (2,69mg), C (2,27mg), dan D (3,73mg). Hasil penelitian menunjukkan tidak terdapat perbedaan yang signifikan terhadap kadar Fe ($p>0,05$).

Kesimpulan: Terdapat pengaruh variasi pencampuran kacang merah terhadap sifat fisik puding. Ada pengaruh variasi pencampuran kacang merah terhadap tingkat kesukaan warna dan aroma pada puding, sedangkan variasi pencampuran kacang merah untuk tingkat kesukaan tekstur dan rasa pada puding tidak ada pengaruh. Tidak ada perbedaan yang signifikan pada keempat perlakuan terhadap kadar Fe puding.

Kata Kunci: sifat fisik, sifat organoleptik, anemia, remaja putri, kacang merah