

**VARIASI PENCAMPURAN TEPUNG DAUN BAYAM MERAH
(*Amaranthus tricolor L*) PADA PEMBUATAN *CHURROS* SEBAGAI
ALTERNATIF SNACK TINGGI ZAT BESI, DITINJAU DARI SIFAT
FISIK, SIFAT ORGANOLEPTIK, DAN KADAR ZAT BESI**

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ABSTRAK

Latar Belakang : Bayam merah adalah salah satu sayuran yang mengandung tinggi zat besi. Adanya modifikasi makanan yang dapat mengandung tinggi zat besi dan digemari masyarakat. Pembuatan churros dengan campuran tepung bayam merah sebagai alternatif snack tinggi zat besi dalam upaya pencegahan penyakit anemia.

Tujuan Penelitian : Untuk mengetahui variasi pencampuran tepung bayam merah terhadap sifat fisik, sifat organoleptik, dan kadar zat besi pada Churros.

Metode : Jenis penelitian ini adalah kuasi eksperimen dengan desain Rancangan Acak Lengkap (RAL) terdiri dari 4 perlakuan yang dikemudian diuji fisik, organoleptik, dan kadar zat besi.

Hasil : Diketahui bahwa sifat fisik churros semakin banyak tepung bayam merah maka warna semakin coklat, aroma semakin langu, rasa bayam merah semakin dominan, dan tekstur semakin tidak renyah. Kadar zat besi tidak memiliki perbedaan yang signifikan.

Kesimpulan : Churros tepung bayam merah yang disukai panelis serta dapat dikembangkan berdasarkan sifat fisik, sifat organoleptik, dan kadar zat besi adalah churros dengan variasi pencampuran tepung bayam merah 5%.

Kata kunci: *Churros*, , sifat fisik, sifat organoleptik, tepung bayam merah, zat besi

**MIXING VARIATIONS OF RED SPINNING (*Amaranthus tricolor L*)
FLOUR IN MAKING CHURROS AS AN ALTERNATIVE HIGH IRON
SNACK, FROM PHYSICAL CHARACTERISTIC, ORGANOLEPTIC
CHARACTERISTIC, AND IRON CONTENT**

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ABSTRACT

Background: *Red spinach is one of the vegetables that contain high iron. There are food modifications that can contain high iron and are popular with the community. Making churros with a mixture of red spinach flour as an alternative to high iron snacks in an effort to prevent anemia.*

Objective : *The purpose of this study was to determine the differences in the variation of mixing red spinach flour on the physical properties, organoleptic properties, and iron content of Churros.*

Method : *This type of research is quasi-experimental with design used is Completely Randomized Design (CRD) consisting of 4 variations of red spinach flour mixture (100%: 0%, 95%: 5%, 90%: 10%, 85%: 15%) which were then tested for physical, organoleptic, and iron levels.*

Results: *It is known that the physical characteristic of churros, the more red spinach flour, the more brown the color, the more unpleasant the aroma, the more dominant the taste of red spinach, and the less crunchy the texture. There was no significant difference in iron levels.*

Conclusion: *The churros of red spinach flour that were preferred by the panelists and that could be developed based on physical characteristic, organoleptic characteristic, and iron content were churros with a variation of 5% red spinach flour mixing.*

Keywords: *: churros, iron, physical characteristic, organoleptic characteristic, Red spinach flour*