

**VARIASI CAMPURAN TEPUNG DAUN KELOR (*MORINGA OLEIFERA*)
PADA DONAT DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK,
DAN KADAR KALSIUM**

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ABSTRAK

Latar Belakang : Asupan kalsium anak sekolah dasar masih sangat rendah dibandingkan dengan AKG 2019. Rata-rata asupan kalsium anak sekolah dasar sebesar 198,1 mg perhari. Pada anak-anak, kekurangan kalsium dapat menyebabkan terhambatnya pertumbuhan. Salah satu bahan pangan lokal dengan kandungan kalsium yang tinggi yaitu daun kelor. Daun kelor dapat dicampurkan dalam berbagai makanan. Salah satu jenis makanan yang sering dikonsumsi anak-anak yaitu kue donat.

Tujuan : Diketuinya pengaruh variasi pencampuran tepung daun kelor pada donat terhadap sifat fisik, sifat organoleptik dan kadar kalsium

Metode : Jenis penelitian dalam penelitian ini adalah eksperimen murni. Rancangan penelitian yang digunakan Rancangan Acak Lengkap (RAL), dengan 1 kontrol dan 3 perlakuan pencampuran tepung daun kelor sebanyak 2,5%, 5%, 7,5%. Uji sifat fisik dilakukan oleh peneliti dan dua enumerator, uji sifat organoleptik menggunakan metode *hedonic scale test* pada 25 panelis agak terlatih. Analisis kadar kalsium menggunakan metode *permanganometri*.

Hasil : Ditinjau dari sifat fisik terdapat pengaruh pada aspek warna, aroma, rasa dan tekstur. Ditinjau dari uji organoleptik terdapat perbedaan signifikan terhadap warna, aroma, dan rasa ($p < 0,05$). Variasi donat dengan campuran daun kelor yang paling disukai panelis adalah donat perlakuan B (97,5%:2,5%). Kandungan kalsium tertinggi yaitu donat perlakuan D (92,5%:7,5%).

Kesimpulan : Ada pengaruh variasi campuran tepung daun kelor terhadap sifat fisik, sifat organoleptik dan kadar kalsium donat.

Kata Kunci : donat, daun kelor, sifat fisik, sifat organoleptik, kalsium

MIXING VARIATIONS OF MORINGA OLEIFERA FLOUR IN DONUTS REVIEWING FROM PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, AND CALCIUM LEVELS

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ABSTRACT

Background: The calcium intake of elementary school children is still very low compared to the 2019 RDA. The average calcium intake of elementary school children is 198.1 mg a day. In children, calcium deficiency can cause stunted growth. One of the local food ingredients with high calcium content is Moringa leaves. Moringa leaves can be mixed in various foods. One type of food that is often consumed by children is donuts.

Objective: to see the effect of variations in the mixing of Moringa leaf flour on donuts on the physical residue, organoleptic properties and calcium levels

Methods: The type of research in this research is pure experiment. The research design used was Completely Randomized Design (CRD), with 1 control and 3 treatments mixing Moringa leaf flour as much as 2.5%, 5%, 7.5%. Physical properties test was carried out by the researcher and two enumerators, organoleptic properties were tested using the hedonic scale test method on 25 moderately trained panelists. Analysis of calcium levels using permanganometry method.

Results: In terms of physical properties, there is an influence on aspects of color, aroma, taste and texture. In terms of organoleptic point of view, there were significant differences in color, aroma, and taste ($p < 0.05$). The donut variations with a mixture of Moringa leaves that was most preferred by the panelists was the donut treatment B (97.5%: 2.5%). The highest calcium content was donut treatment D (92.5%: 7.5%).

Method :

Conclusion: There is an effect of variations in the mixture of Moringa leaf flour on the physical properties, organoleptic properties and calcium levels of donuts.

Keywords: donuts, Moringa leaves, physical properties, organoleptic properties, calcium