

TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI MAKRO *DESSERT BOX* KUBUGALOR (KULIT BUAH NAGA DAN DAUN KELOR) TINGGI Fe  
UNTUK MAHASISWA ASRAMA POLTEKKES KEMENKES  
YOGYAKARTA

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**ABSTRAK**

**Latar Belakang :** Kekurangan zat gizi mikro terutama Fe dapat menyebabkan masalah gizi yaitu anemia. Berdasarkan data Kemenkes RI, Tabel Komposisi Pangan Indonesia tahun 2019 kandungan zat gizi Fe pada daun kelor 6,0 mg/100 gr daun kelor (Kemenkes, 2018). Oleh karena itu daun kelor dan kulit buah naga berpotensi dikembangkan menjadi produk *snack* tinggi Fe seperti *dessert box* Kubugalor yang merupakan hasil modifikasi resep dengan mencampurkan daun kelor dan kulit buah naga.

**Tujuan Penelitian :** Diketuinya kandungan zat gizi makro, kandungan Fe dan tingkat kesukaan mahasiswa asrama Poltekkes Kemenkes Yogyakarta terhadap modifikasi *Dessert box* Kubugalor (kulit buah naga dan daun kelor).

**Metode Penelitian :** Penelitian ini adalah penelitian eksperimental murni, dengan rancangan penelitian Rancangan Acak Sederhana (RAS) dengan dua perlakuan, satu unit percobaan dan 2 kali pengulangan. Analisis data uji hedonik menggunakan uji *Kruskal-Wallis* dan jika ditemukan perbedaan dilanjutkan dengan uji *Mann-Whitney*. Analisis data Kandungan Fe menggunakan uji *Anova* dan jika ditemukan perbedaan dilanjutkan dengan uji *Duncan*.

**Hasil Penelitian :** Hasil uji statistik menunjukkan terdapat perbedaan bermakna pada tingkat kesukaan terhadap rasa, warna, aroma *dessert box*. Berdasarkan hasil uji kesukaan, *dessert box* yang paling disukai dari segi aroma, rasa, tekstur, dan warna yaitu *dessert box* kubugalor. Hasil uji statistik pada kandungan Fe terdapat perbedaan bermakna *dessert box* kontrol dan *dessert box* kubugalor terhadap kandungan Fe.

**Kesimpulan :** Penambahan daun kelor dan kulit buah naga mempengaruhi tingkat kesukaan, nilai gizi makro dan kandungan Fe pada *dessert box*.

**Kata Kunci :** *Dessert box*, Kelor, Kulit buah naga, Nilai gizi makro, Kandungan Fe, Tingkat kesukaan.

FAVORITE LEVEL AND MACRO NUTRIENTS KUBUGALOR *DESSERT BOX* (DRAGON FRUIT LEATHER AND KELOR LEAVES) HIGH Fe FOR STUDENTS OF ASRAMA POLTEKKES POLTEKKES YOGYAKARTA

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**ABSTRACT**

**Background:** Lack of micronutrients, especially Fe can cause nutritional problems, namely anemia. Based on data from the Ministry of Health of the Republic of Indonesia, the Indonesian Food Composition Table for 2019 contains 6.0 mg/100 g of moringa leaves for Fe nutrient content (Ministry of Health, 2018). Therefore, Moringa leaves and dragon fruit peel have the potential to be developed into *snack* high-Fe *dessert box* which is the result of a modified recipe by mixing Moringa leaves and dragon fruit skin.

**Research Objectives:** determine the content of macronutrients, Fe content and the level of preference of students in the Yogyakarta Ministry of Health Poltekkes dormitory for the modification of *Dessert box* (dragon fruit skin and Moringa leaves).

**Research Methods:** This study was a pure experimental study, with a Simple Randomized Design (RAS) research design with two treatments, one experimental unit and 2 repetitions. Analysis of hedonic test data using the *Kruskal-Wallis test* and if a difference is found, it is continued with the *Mann-Whitney test*. Data analysis of Fe content used the *Anova* and if a difference was found, it was continued with *Duncan's test*.

**Research Results:** The results of statistical tests showed that there were significant differences in the level of preference for the taste, color, and aroma of the *dessert box*. Based on the results of the preference test, *dessert box* in terms of aroma, taste, texture, and color is *dessert box* Kubugalar. The results of statistical tests on Fe content showed a significant difference between *the* control *dessert box* and . Kubugalar *dessert box* on the Fe content

**Conclusion :** The addition of Moringa leaves and dragon fruit peel affects the level of preference, macronutrient value and Fe content in *the dessert box*.

**Keywords:** *Dessert box*, Moringa, Dragon fruit peel, Macro nutritional value, Fe content, Preference level.