

VARIASI PENCAMPURAN TEPUNG BAYAM MERAH (*Amaranthus tricolor* L.) PADA PEMBUATAN CRACKERS BAYME SEBAGAI ALTERNATIF SNACK TINGGI ZAT BESI DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, KADAR ZAT BESI DAN DAYA TERIMA

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ABSTRAK

Latar Belakang: Masalah gizi yang masih banyak terjadi yakni anemia. Berdasarkan Risesdas tahun 2018, anemia pada remaja putri meningkat mencapai 48,9%. Anemia dicegah dengan mengonsumsi makanan tinggi zat besi. Bayam merah merupakan sayuran tinggi zat besi yang dapat berkontribusi memenuhi kebutuhan zat besi. Crackers merupakan snack yang paling sering dikonsumsi oleh remaja.

Tujuan: Mengetahui perbedaan sifat fisik, sifat organoleptik, kadar zat besi dan daya terima crackers BAYME terhadap variasi pencampuran tepung bayam merah.

Metode: Jenis penelitian ini adalah eksperimental murni dengan Rancangan Acak Lengkap. Dilakukan uji sifat fisik oleh dua enumerator dan peneliti, uji sifat organoleptik oleh 20 panelis agak terlatih, uji kadar zat besi dengan metode SSA, dan uji daya terima oleh 18 responden remaja putri dan WUS.

Hasil: Sifat fisik crackers BAYME menunjukkan semakin banyak campuran tepung bayam merah warna yang dihasilkan semakin hijau kecoklatan, aroma semakin khas crackers bayam merah, rasa langu dan tekstur renyah. Variasi campuran yang paling disukai adalah P1 (95%:5%). Semakin banyak campuran tepung bayam merah semakin tinggi kandungan zat besi. Daya terima crackers baik.

Kesimpulan: Terdapat perbedaan sifat fisik, sifat organoleptik dan kadar zat besi terhadap variasi campuran tepung bayam merah. Daya terima crackers BAYME baik.

Kata Kunci: Crackers, Bayam merah, Sifat Fisik, Sifat Organoleptik, Kadar zat besi, Daya Terima

VARIATION OF RED SPINACH FLOUR (*Amaranthus tricolor L.*) MIXING IN
MAKING BAYME CRACKERS AS AN ALTERNATIVE HIGH-IRON
SNACK IN TERMS OF PHYSICAL PROPERTIES, ORGANOLEPTIC
PROPERTIES, IRON CONTENT AND ACCEPTABILITY

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ABSTRACT

Background: Nutritional problems that still occur are anemia. Based on Riskesdas in 2018, anemia in adolescent girls increased to 48,9%. Anemia can be prevented by consuming foods high in iron. Red spinach is a high-iron vegetable that can contribute to meeting iron needs. Crackers are snacks that are most often consumed by adolescents.

Objective: Knew the differences in physical properties, organoleptic properties, iron content and acceptability of BAYME crackers to variations in mixing red spinach flour.

Method: This type of research was purely experimental with a completely randomized design. The physical properties test was conducted by two enumerators and researcher, the organoleptic test by 20 moderately trained panelists, the iron content test by SSA method, and the acceptability test by 18 adolescent female respondents.

Results: The physical properties of BAYME crackers showed that the more the mixture of red spinach flour, the more brownish green the color produced, the more distinctive the aroma of red spinach crackers, the less taste and the crunchy texture. The most preferred mixture variation was P1 (95%:5%). The more the mixture of red spinach flour, the higher the iron content. The acceptability of crackers was good.

Conclusion: There were differences in physical properties, organoleptic properties and iron content to the variation of the red spinach flour mixture. The acceptability of BAYME crackers was good.

Keywords: Crackers, Red Spinach, Physical Properties, Organoleptic Properties, Iron Content, The Acceptability.