

PENGARUH VARIASI CAMPURAN TEPUNG KACANG HIJAU (*Vigna Radiata*) DAN TEPUNG DAUN KATUK (*Sauropus Androgynus (L.) Merr*) PADA BAKSO AYAM TERHADAP SIFAT FISIK, ORGANOLEPTIK, DAN KADAR FLAVONOID SEBAGAI POTENSI PANGAN PENDUKUNG LAKTASI

Tazkiya Mariama Rabani¹, Joko Susilo², Rini Wuri Astuti³
^{1,2,3}Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: tazkiyamr@gmail.com

ABSTRAK

Latar Belakang:

ASI adalah satu-satunya makanan yang dapat diterima oleh bayi. 74,73% bayi < 6 bulan mendapatkan ASI eksklusif sedangkan 25,27% anak belum mendapatkan ASI eksklusif (BPS, 2023). Pola makan pada ibu menyusui memengaruhi produksi dan komposisi ASI. Kacang hijau mengandung senyawa aktif yaitu polifenol dan flavonoid yang meningkatkan hormon prolaktin. Daun katuk memiliki kandungan polifenol dan steroid yang dapat merangsang reflex prolaktin, produksi alveoli, dan dapat merangsang hormon oksitosin. Kombinasi keduanya dalam pembuatan bakso diharapkan menjadi potensi pangan pendukung laktasi.

Tujuan: Mengetahui pengaruh variasi campuran tepung kacang hijau dan tepung daun katuk terhadap sifat fisik, sifat organoleptik, dan kadar flavonoid pada bakso ayam.

Metode: Penelitian yang dilakukan menggunakan jenis penelitian eksperimental murni dengan rancangan acak lengkap (RAL) dengan 4 perlakuan. Variasi campuran tepung kacang hijau, tepung daun katuk dan daging ayam Pengujian kadar flavonoid menggunakan metode spektrofotometri uv-vis. Data hasil uji organoleptik dianalisis dengan uji Kruskal-Wallis, jika terlihat perbedaan maka dilanjutkan dengan uji Mann Whitney. Data hasil pengukuran kadar flavonoid dianalisis dengan uji Anova. Jika hasil menunjukkan perbedaan maka dilanjutkan dengan uji Duncan's Multiple Range Test.

Hasil Penelitian: Variasi campuran tepung kacang hijau dan tepung daun katuk memengaruhi hasil sifat fisik bakso. Semakin banyak perbandingan proporsi daun katuk dibandingkan dengan tepung kacang hijau menghasilkan warna semakin hijau, aroma semakin langu, rasa kacang hijau dan daun katuk semakin kuat dan tekstur lebih padat. Uji organoleptik menunjukkan bahwa bakso perlakuan B (83% daging ayam:15% tepung kacang hijau:2% tepung daun katuk) paling disukai dari segi aroma, warna, rasa, dan tekstur. Kadar flavonoid tertinggi terdapat pada bakso D (29,787 mg/100g).

Kesimpulan: Variasi campuran Tepung Kacang Hijau dan Tepung Daun Katuk berpengaruh terhadap Sifat Fisik, Organoleptik, dan Kadar Flavonoid bakso

Kata Kunci: Bakso, Daun katuk, Flavonoid, Kacang hijau.

¹⁾ Mahasiswa Jurusan Gizi Poltekkes Kemenkes Yogyakarta

^{2) 3)} Dosen Jurusan Gizi Poltekkes Kemenkes Yogyakarta

**THE EFFECT OF MIXTURE VARIATIONS OF MUNG BEAN FLOUR
(*Vigna Radiata*) AND SAUROPUS LEAF FLOUR (*Sauropus Androgynus* (L.)
Merr) IN CHICKEN MEATBALLS ON THE PHYSICAL,
ORGANOLEPTIC, AND FLAVONOID CONTENT AS A POTENTIAL
FOOD TO SUPPORT LACTATION**

Tazkiya Mariama Rabani¹, Joko Susilo², Rini Wuri Astuti³
¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: tazkiyamr@gmail.com

ABSTRACT

Background: Breast milk is the sole food suitable for infants. Statistics show that 74.73% of infants under six months receive exclusive breastfeeding, while 25.27% do not (BPS, 2023). A breastfeeding mother's diet influences both the production and composition of breast milk. Mung beans contain active compounds—specifically polyphenols and flavonoids—that boost prolactin levels. Katuk leaves contain polyphenols and steroids capable of stimulating the prolactin reflex and alveolar production, as well as triggering oxytocin release. Combining these ingredients in the production of meatballs offers potential as a lactation-supporting food.

Objective: To determine the effect of varying mixtures of mung bean flour and katuk leaf flour on the physical properties, organoleptic characteristics, and flavonoid content of chicken meatballs.

Methods: This study employed a true experimental design using a Completely Randomized Design (CRD) with four treatment variations involving mung bean flour, katuk leaf flour, and chicken meat. Flavonoid content was measured using UV-Vis spectrophotometry. Organoleptic test data were analyzed using the Kruskal-Wallis test; if significant differences were observed, the Mann-Whitney test followed. Flavonoid content data were analyzed using ANOVA; if significant differences were found, Duncan's Multiple Range Test was applied.

Results: Variations in the mixture of mung bean flour and katuk leaf flour influenced the physical properties of the meatballs. A higher proportion of katuk leaf flour relative to mung bean flour resulted in a greener color, a stronger raw/grassy aroma, more pronounced mung bean and katuk flavors, and a denser texture. Organoleptic testing revealed that the meatballs from treatment B (83% chicken meat: 15% mung bean flour: 2% katuk leaf flour) were the most preferred in terms of aroma, color, taste, and texture. The highest flavonoid content was found in treatment D meatballs (29.787 mg/100g).

Conclusion: Variations in the blend of mung bean flour and katuk leaf flour affect the physical properties, organoleptic characteristics, and flavonoid content of the meatballs.

Keywords: Meatballs, katuk leaves, flavonoids, mung beans. Early initiation of

¹⁾ Nutrition Department Student, Ministry of Health Polytechnic, Yogyakarta

^{2) 3)} Lecturer, Nutrition Department, Ministry of Health Polytechnic, Yogyakarta