

ABSTRAK

IRMA WIDYAWATI. Daya Terima dan Kandungan Nilai Gizi Mie Basah Genjer. Dibimbing oleh SRI MULYANI, STP, M.Si dan ALKAUSYARI AZIZ, SKM, M.Kes

Mie basah genjer merupakan produk olahan tepung terigu dengan penambahan genjer. Genjer banyak dikenal orang sebagai sayur. Tumbuhan genjer juga dapat dijadikan obat tradisional seperti digunakan untuk menjaga kesehatan pencernaan, antibiotik, mempercepat penyembuhan luka, anemia, kanker, keracunan jengkolat, menjaga kesehatan kulit dan membantu menurunkan kolesterol. Salah satu kelebihan dari genjer yaitu, memiliki serat yang cukup tinggi yaitu sebesar 0,75-1,56% sehingga mampu untuk membuang kotoran dalam tubuh sehingga aman untuk dikonsumsi oleh ibu hamil yang berguna mencegah konstipasi. Genjer memiliki nilai ekonomi yang cukup tinggi dikarenakan genjer mudah didapatkan serta tumbuh di rawa atau kolam berlumpur yang banyak airnya misalnya tepi sungai dan banyak peminatnya, genjer sudah dijual baik di pasar tradisional maupun modern walaupun dalam jumlah yang terbatas, biasanya pedagang mengambil langsung dari rawa atau budidaya sendiri. Tujuan penelitian ini yaitu, untuk mengetahui daya terima dan kandungan nilai gizi mie basah genjer. Penelitian ini merupakan penelitian eksperimental. Uji yang dilakukan yaitu analisis proksimat (kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat dan serat kasar). Daya terima dengan menggunakan metode visual comstock dilakukan pada 25 panelis umum di Laboratorium Pangan Politeknik Kesehatan Kemenkes Riau selanjutnya di analisis dengan cara membuat distribusi dan frekuensi menggunakan analisis univariat. Sedangkan, analisis proksimat dilakukan di Laboratorium Teknologi Hasil Perikanan Universitas Riau. Hasil penelitian bahwa daya terima mie basah dengan penambahan genjer yaitu 60,4% (kurang). Berdasarkan hasil analisis proksimat yang diperoleh yaitu kadar air sebesar 31,9%, abu sebesar 3,57%, protein sebesar 4,44%, lemak sebesar 4,78%, karbohidrat sebesar 20,3% dan serat sebesar 0,58%.

Kata Kunci : Mie Basah, Genjer, Daya Terima, Analisis Proksimat

ABSTRACT

IRMA WIDYAWATI. Acceptability and Nutritional Value of Genjer Wet Noodle. Supervised by SRI MULYANI, STP, M.Si and ALKAUSYARI AZIZ, SKM, M.Kes.

Genjer wet noodles are processed wheat flour products with the addition of genjer based on research results. Genjer is widely known by people as a vegetable. Genjer plants can also be used as traditional medicine such as used to maintain digestive health, antibiotics, accelerate wound healing, anemia, cancer, jengkolat poisoning, maintain skin health, help lower cholesterol. One of the advantages of genjer is that it has quite a lot of fiber so that it is able to remove impurities in the body so that it is safe for consumption by pregnant women which is useful for preventing constipation. Genjer has a fairly high economic value because genjer is easily available and grows in swamps or muddy ponds that have a lot of water, for example the banks of a river and there are many enthusiasts, genjer has been sold in both traditional and modern markets even though in limited quantities, usually traders take it directly from the swamp or cultivate it themselves. The purpose of this study was to determine the acceptability and nutritional value of genjer wet noodles. This research is an experimental research. The tests carried out were proximate analysis (water content, ash content, protein content, fat content, carbohydrate content and crude fiber). Acceptability using the visual comstock method was carried out on 25 moderately trained panelists at the Food Laboratory of the Riau Health Ministry Health Polytechnic and then analyzed by making distributions and frequencies using univariate analysis. Meanwhile, proximate analysis was carried out at the Riau University Fishery Products Technology Laboratory. From this study, it was found that wet noodles with the addition of genjer had an average panelist acceptance of 60.4% which was declared insufficient and there were still many leftovers that had been provided. The proximate analysis obtained was water by 31.9%, ash by 3.57%, protein by 4.44%, fat by 4.78%, carbohydrates by 20.3% and fiber by 0.58%. Genjer wet noodles have met the quality standards according to SNI.

Keywords: Wet Noodle, Genjer, Acceptability, Proximate Analysis