

## ABSTRAK

### FORMULASI, ANALISIS ZAT GIZI DAN SENSORI PRODUK MIE KERING YANG DIPERKAYA HIDROLISAT PROTEIN IKAN

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**Latar Belakang :** Anak usia sekolah membutuhkan asupan gizi optimal, khususnya protein, untuk mendukung tumbuh kembang. Mie yang populer di kalangan anak memiliki kandungan protein rendah.

**Tujuan :** Penelitian ini bertujuan mengetahui formula serta karakteristik produk (nilai gizi, profil asam amino, dan sensoris) produk mie kering yang diperkaya HPI.

**Metode :** Studi eksperimental dengan Rancangan Acak Lengkap (RAL) satu faktor, yaitu perbandingan tepung HPI dan tepung terigu (F1: 0:100, F2: 20:80, F3: 35:65, F4: 50:50). Analisis meliputi kadar air, abu, protein, lemak, karbohidrat, asam amino (HPLC), daya cerna protein (in vitro), dan uji hedonik oleh 50 panelis anak SD kelas 4-6.

**Hasil :** Hasil menunjukkan bahwa mie kering dengan HPI memiliki kadar protein 6,7–7,3%, daya cerna 58,74–88,77%, dan total asam amino 113.292–121.165 mg/kg. Produk mengandung 15 asam amino (7 esensial, 8 non-esensial). Hasil uji hedonik menunjukkan bahwa produk mie kering dengan penambahan HPI memiliki nilai 2,24-2,72 (kurang suka), sedangkan mie kering tanpa penambahan HPI memiliki nilai uji hedonik sebesar 4,28 (suka).

**Simpulan :** Terdapat peningkatan signifikan pada kadar abu, lemak, daya cerna, dan asam amino dibanding mie tanpa HPI. Namun, uji hedonik menunjukkan preferensi menurun seiring peningkatan HPI.

**Kata kunci :** Hidrolisat protein ikan; mie kering; nilai gizi; daya cerna; asam amino

## ***ABSTRACT***

### ***FORMULATION, ANALYSIS OF NUTRITIONAL AND SENSORY OF DRY NOODLE PRODUCTS ENRICHED WITH FISH PROTEIN HYDROLYZATE***

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**Background :** School-aged children require optimal nutritional intake, particularly protein, to support growth and development. Noodles, a popular food among children, typically contain low protein levels.

**Objectives :** This study aimed to formulate and evaluate the nutritional, amino acid, and sensory characteristics of dried noodles enriched with fish protein hydrolysate (FPH).

**Methods :** An experimental study was conducted using a Completely Randomized Design (CRD) with one factor: the ratio of FPH to wheat flour (F1: 0:100, F2: 20:80, F3: 35:65, F4: 50:50). Analyses included moisture, ash, protein, fat, carbohydrate content, amino acid profile (HPLC), protein digestibility (in vitro), and sensory evaluation using a 5-point hedonic scale with 50 elementary school female students (grades 4–6).

**Results :** The results showed that FPH-enriched noodles contained 6.7–7.3% protein, 58.74–88.77% digestibility, and 113,292–121,165 mg/kg total amino acids, including 15 types (7 essential, 8 non-essential).

**Conclusion :** However, sensory scores decreased with increasing FPH, ranging from 2.24 to 2.72 (disliked), compared to 4.28 (liked) in the control.

**Key words :** fish protein hydrolysate; dried noodles; nutrient content; protein digestibility; amino acids.