

Pengaruh Substitusi Tepung Kentang Hitam (*Coleus tuberosus*) Modifikasi Terhadap Zat Gizi Makronutrien dan Organoleptik Mi Basah

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ABSTRAK

Latar belakang: Mi merupakan makanan yang digemari akan tetapi bahan bakunya yaitu tepung terigu terus mengalami peningkatan impor sehingga diversifikasi pangan lokal dapat menjadi alternatif. Kentang hitam (*Coleus tuberosus*) merupakan sumber karbohidrat yang kaya mineral dan vitamin. Tepung kentang hitam modifikasi fisik diharapkan strukturnya lebih stabil dan punya masa simpan lebih lama. Substitusi tepung kentang hitam modifikasi pada mi basah bertujuan untuk meningkatkan pemanfaatan kentang hitam yang masih terbatas.

Metode: Penelitian eksperimental acak lengkap satu faktor yaitu variasi penambahan tepung kentang hitam modifikasi 0%, 20%, 30% dan 40%. Analisis zat gizi makronutrien meliputi kadar air, kadar abu, protein, lemak, karbohidrat dan serat kasar dan uji organoleptik berdasarkan warna, rasa, aroma dan tekstur. Analisis statistik menggunakan uji *One Way Anova* dan Kruskall Wallis.

Hasil: Terdapat perbedaan signifikan uji kadar air, kadar abu, protein, karbohidrat, serat kasar ($p=0,0001$) dan lemak ($p=0,001$) pada mi basah. Terdapat perbedaan signifikan pada tingkat kesukaan warna ($p<0,001$) dan tekstur ($p=0,005$), namun tidak signifikan terhadap aroma ($p=0,076$) dan rasa ($p=0,34$).

Simpulan: Ada pengaruh penambahan tepung kentang hitam modifikasi terhadap zat gizi makronutrien serta kesukaan warna dan tekstur.

Kata kunci: kentang hitam, mi basah, modifikasi tepung

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The Effect of Modified Black Potato (Coleus tuberosus) Flour Substitution on Macronutrients and Organoleptic Wet Noodles

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ABSTRACT

Background: Noodles are popular food, but wheat flour as a raw material is increasingly being imported so that local food diversification can be an alternative. Black potato (*Coleus tuberosus*) is a source of carbohydrates rich in minerals and vitamins. Physically modified black potato flour is expected to have a more stable structure and have a longer shelf life. Substitution of modified black potato flour in wet noodles aims to increase the utilization of black potatoes which are still limited.

Methods: A completely randomized experimental study with one factor, namely variations in the addition of modified black potato (*Coleus tuberosus*) flour. Analysis of macronutrients includes moisture, ash, fat content, protein, carbohydrate and crude fiber. Organoleptic tests based on color, taste, aroma and texture. Statistical analysis used the One Way Anova and Kruskal Wallis tests.

Results: There were significant differences in the tests for water content, ash content, protein, carbohydrates, crude fiber ($p=0.0001$) and fat ($p=0.001$) in wet noodles. There were significant differences in the level of preference for color ($p<0.001$) and texture ($p=0.005$), but not significant for aroma ($p=0.076$) and taste ($p=0.34$).

Conclusion: There are effects in the addition of modified black potato flour to macronutrients and preferences for color and texture.

Keywords: *black potato, wet noodles, modified flour*

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