Karakteristik Fisikokimia Kukis Berbahan Dasar Tepung Ubi Jalar Ungu (*Ipomoea batatas L. Poir*) dan Tepung Ikan Teri (*Stolephorus sp*) Sebagai Alternatif Makanan Selingan pada Balita Gizi Kurang

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ABSTRAK

Latar Belakang: Pemberian Makanan Tambahan (PMT) merupakan upaya yang dapat dilakukan dalam pemenuhan asupan makan tidak adekuat pada balita gizi kurang. PMT yang diberikan dapat berupa inovasi kukis dengan bahan dasar tepung ubi jalar ungu dan tepung ikan teri yang perlu memperhatikan aspek kadar air, tingkat kekerasan, dan warna kukis.
Tujuan: Menganalisis kadar air, tingkat kekerasan, dan warna kukis tepung ubi jalar ungu dan tepung ikan teri.
Metode: Penelitian eksperimental RAL dengan perbandingan tepung ubi jalar ungu dan tepung ikan teri F1 (95 g : 5 g), F2 (90 g : 10 g), dan F3 (85 g : 15 g). Analisis kadar air, tingkat kekerasan, dan warna kukis menggunakan metode gravimetri, *Universal Testing Machine*, dan metode *Hunter*. Analisis statistik data dilakukan menggunakan uji *One Way Anova*. Kemudian, hasil yang berpengaruh nyata diuji menggunakan uji *Duncan*.
Hasil: Terdapat pengaruh nyata pada formulasi kukis terhadap kadar air, kekerasan, warna a*, dan warna b* (p<0,05). Akan tetapi, tidak berpengaruh nyata terhadap warna L* (p>0,05). Rata-rata kadar air, tingkat kekerasan, warna L*, warna a*, dan warna b* yaitu (15,50 – 17,78 %), (31,30 – 45,31 N), (24,60 – 28,74), (11,19 – 13,14), dan (10,93 – 17,29).
Simpulan: Penambahan tepung ikan teri yang semakin tinggi dapat meningkatkan kadar air dan tingkat kekerasan serta menurunkan warna kukis.
Kata Kunci: Tepung ubi jalar ungu, tepung ikan teri, kukis, kadar air, tingkat kekerasan, warna

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Physicochemical Characteristics of Cookies Made from Purple Sweet Potato Flour (*Ipomoea batatas L. Poir*) and Anchovy Flour (*Stolephorus sp*) as Alternative Snacks for Malnourished Toddlers

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ABSTRACT

Background: Providing Supplemental Food (PMT) is an effort that can be made in fulfilling inadequate food intake in undernourished toddlers. The PMT provided can be in the form of cookie innovation that needs to pay attention to the aspects of moisture content, level of hardness, and color of cookies.
Objective: Analyze the moisture content, hardness, and color of purple sweet potato flour and anchovy flour cookies.
Method: RAL Experimental study with a comparison of purple sweet potato flour and anchovy flour F1 (95 g : 5 g), F2 (90 g : 10 g), and F3 (85 g : 15 g). Analysis of the moisture content, hardness level, and color of the cookies used the gravimetry method, Universal Testing Machine, and Hunter method. Statistical analysis of the data was performed using the One Way Anova test. Then, the results with a significant effect were tested using Duncan's test.
Results: There is a significant effect on the formulation of cookies on water content, hardness, a* color, and b* color ($p<0.05$). However, there was no significant effect on L* color ($p>0.05$). The average moisture content, hardness level, color L*, color a*, and color b* are (15.50 – 17.78%), (31.30 – 45.31 N), (24.60 – 28 .74), (11.19 – 13.14), and (10.93 – 17.29).
Conclusion: The more anchovy flour added can increase the water content and level of hardness and decrease the color of cookies.
Keywords: Purple sweet potato flour, anchovy flour, cookies, moisture content, hardness level, color

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