

ABSTRAK

M. Fadil Amirullah

Latar Belakang: Bubur merupakan salah satu makanan yang praktis, *ready to eat* dan dikonsumsi oleh semua kalangan. Penambahan pangan lokal berupa Ubi Jalar *Orange* terhadap pembuatan bubur dapat meningkatkan kandungan gizi didalamnya terutama antioksidan sebagai alternatif pangan darurat.

Tujuan: untuk mengetahui tingkat kesukaan (organoleptik), kandungan zat gizi dan umur simpan bubur berbahan dasar ubi jalar *Orange* dan beras putih sebagai pangan darurat

Metode: penelitian eksperimental dengan rancangan acak lengkap (RAL) sebanyak 4 formulasi. Uji tingkat kesukaan menggunakan 9 skala hedonik. Analisis zat gizi berupa karbohidrat, protein, lemak, kadar air, kadar abu, serat dan antioksidan menggunakan metode *Association of Official Agricultural Chemists* (AOAC) dan *Diphenylpicrylhydrazil* (DPPH). Analisis umur simpan menggunakan metode ASLT dengan 2 parameter yaitu pH dan ketengikan (TBA).

Hasil: Formula bubur terpilih pada F2 dengan perbandingan ubi jalar 150 gram, nasi 100 gram dan kaldu ayam 500ml. Kandungan bubur pertakaran saji (100 gram) yaitu kadar air 65,18%, kadar abu 0,52%, lemak 1,09%, protein 9,66%, karbohidrat 23,54, total energi 142,67 dan antioksidan 9,79%. Pada suhu 15 °C bertahan selama 67 hari, suhu 35°C bertahan selama 38 hari dan suhu 45°C bertahan selama 30 hari.

Kesimpulan: Bubur F2 dengan 150 gram ubi jalar, 100 gram nasi, dan 500 ml kaldu ayam dapat digunakan sebagai pangan darurat.

Kata Kunci : Bubur, Ubi Jalar *Orange*, Pangan Darurat

ABSTRACT

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Background: *Porridge is one of the foods that is practical, ready to eat and consumed by all groups. The addition of local food in the form of Orange Sweet Potato to the making of porridge can increase the nutritional content in it, especially antioxidants as an alternative emergency food.*

Objective: to determine the level of liking (organoleptic), nutrient content and shelf life of porridge made from Orange Sweet Potato and white rice as emergency food.

Method: *experimental research with a complete randomized design (CRD) of 4 formulations. Taste test using 9 hedonic scale. Analysis of nutrients in the form of carbohydrates, protein, fat, moisture content, ash content, fiber and antioxidants using the Association of Official Agricultural Chemists (AOAC) and Diphenylpicrylhydrazil (DPPH) methods. Shelf life analysis using the ASLT method with 2 parameters, namely pH and rancidity (TBA).*

Results: *The selected porridge formula in F2 with the ratio of sweet potato 150 grams, rice 100 grams and chicken broth 500ml. The content of porridge per serving size (100 grams) is 65.18% moisture content, 0.52% ash content, 1.09% fat, 9.66% protein, 23.54 carbohydrates, 142.67 total energy and 9.79% anti-oxidants. At 15°C it lasted for 67 days, 35°C lasted for 38 days and 45°C lasted for 30 days.*

Conclusion: *F2 porridge with 150 grams of sweet potato, 100 grams of rice, and 500 ml of chicken broth can be used as emergency food.*

Keywords: Porridge, Orange Sweet Potato, Emergency Food