

Analisis Fisik dan Proksimat MPASI Instan Vegan Bentuk *Rusk* Metode *Freeze Drying* dengan Variasi Tomat, Jamur, dan Rumput Laut
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Abstrak

Pendahuluan: Menurut data SKI 2023, pemberian MPASI (Makanan Pendamping Air Susu Ibu) pada kelompok usia 6-11 bulan secara konvensional masih belum tepat. Sementara itu MPASI komersial masih didominasi makanan tinggi gula.

Tujuan: Tujuan penelitian ini adalah mengetahui perbedaan MPASI instan vegan berbahan dasar pangan lokal dengan pengolahan *freeze drying* dengan variasi tomat, jamur, dan rumput laut untuk bayi 9-11 bulan.

Metode: Penelitian ini menggunakan metode eksperimental dengan parameter uji fisik berupa daya larut air, daya serap air, viskositas, dan warna serta uji proksimat berupa kadar lemak, kadar protein, kadar air, kadar abu, kadar karbohidrat, dan kalori total. Penelitian dilakukan dengan satu ulangan sampel dan tiga pengulangan uji.

Hasil: Pemberian variasi tomat, jamur, dan nori berpengaruh signifikan ($p < 0,050$) terhadap kadar protein ($p = 0,027$), karbohidrat ($p = 0,001$), kalori total ($p = 0,000$), daya serap ($p = 0,030$), viskositas ($p = 0,000$), dan warna a^* ($p = 0,003$) dan warna b^* ($p = 0,050$). Pemberian variasi tomat, jamur, dan nori tidak berpengaruh signifikan ($p > 0,005$) terhadap kadar lemak ($p = 0,066$), kadar abu ($p = 0,051$), kadar air ($p = 0,301$), daya larut ($p = 0,107$), dan warna L^* ($p = 0,422$).

Simpulan: Pemberian variasi tomat, jamur, dan rumput laut pada MPASI instan memiliki perbedaan signifikan pada parameter sebagai berikut; kadar protein, kadar karbohidrat, kalori total, daya serap air, viskositas, dan warna a^* serta warna b^* . Pemberian variasi tomat, jamur, dan rumput laut pada MPASI instan tidak memiliki perbedaan signifikan pada parameter kadar lemak, kadar abu, kadar air, daya larut, dan warna L^* .

Kata kunci: MPASI, *freeze drying*, instan, vegan, pangan lokal

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Physical and Proximate Analysis of Baby Complementary Foods Instant Vegan in Rusk Form Using the Freeze Drying Method with Variations of Tomato, Mushroom, and Seaweed

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Abstract

Introduction: The 2023 SKI data shows that conventional complementary feeding is still inappropriate for the 6-11 month age group. Foods high in sugar still make up a large part of commercial complementary foods.

Objective: The purpose of this study was to determine the effects of cold-processed vegan instant complementary foods made from local ingredients, including various types of tomatoes, mushrooms, and seaweed, on infants aged 9-11 months.

MethodsThe study utilized experimental methods with physical test parameters such as water solubility, water absorption, viscosity, and color, as well as proximate tests such as fat content, protein content, water content, ash content, carbohydrate content, and total calories. The research was conducted with one sampling and three tests.

Result: The addition of tomatoes, mushrooms, and nori had a significant effect ($p < 0.050$) on protein content ($p = 0.027$), carbohydrate content ($p = 0.001$), total calories ($p = 0.000$), absorbency ($p = 0.030$), viscosity ($p = 0.000$), and color a^* ($p = 0.003$) and color b^* ($p = 0.050$). The addition of tomato, mushroom, and nori did not have a significant effect ($p > 0.005$) on fat content ($p = 0.066$), ash content ($p = 0.051$), water content ($p = 0.301$), solubility ($p = 0.107$), and L^* color ($p = 0.422$).

Conclusion: The addition of tomatoes, mushrooms, and seaweed to instant vegan complementary foods has a significant effect on the following parameters: protein content, carbohydrate content, total calories, water absorption, viscosity, and color a^* and color b^* . The addition of tomatoes, mushrooms, and seaweed to instant vegan complementary foods did not have a significant effect on the following parameters: fat content, ash content, water content, solubility, and L^* color.

Keyword: Baby food, freeze drying, instant, vegan, local food

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