

ABSTRACT
THE COMPLEMENTARY FOOD OF PORRIDGE INSTAN BASED ON
TEMPEH FLOUR AND KEPOK BANANA FLOUR FOR UNDERWEIGHT
TODDLERS AGED 6-8 MONTHS

(Analysis of Carbohydrate, Protein, Dietary Fiber and Organoleptic Test)

Ayu Suryaningtyas Sabastiani
NIM. 422021728010

Based on data from the Indonesian Nutrition Standard Survey, in 2022 there were 17.1% underweight toddlers caused by a lack of nutrient intake. Improving the nutritional status of children under five can be achieved through the provision of appropriate and quality complementary foods. This research aims to analyse the levels of carbohydrates, protein, and dietary fiber in making instant porridge MP-ASI made from tempe flour and kepok banana flour for toddlers aged 6-8 months. This research used an experimental method with a completely randomized design (CRD) namely with 4 formulations (1 control and 3 samples) with three repetitions of analysis. Methods used for carbohydrate analysis are the luff schoorl method, protein analysis used the Kjeldhal method, dietary fiber analysis used the enzymatic gravimetric method, and organoleptic tests on semi-trained panelists. Data analysis for the results of carbohydrate, protein, and dietary fiber analysis used the ANOVA method followed by the Duncan test. Organoleptic test data used the Kruskal-Wallis analysis followed by the Mann-Whitney test. The results of this research showed that there were significant differences in carbohydrate content ($p=0.001$), protein content, dietary fiber content ($p=0.000$), and organoleptic test ($p=0.000$) in 4 instant porridge formulations. The highest carbohydrate content was 32.76% in F2, the highest protein content was 18.10% in F4, and the highest dietary fiber content was 25.33% in F4. This research concludes that there were differences in carbohydrate, protein, dietary fiber, and organoleptic tests in instant porridge complementary food with the best formulation in F2 with the proportion of ingredients 45% tempe flour and 55% kepok banana flour.

Keywords: Instant porridge; complementary food; tempeh flour; kepok banana flour

ABSTRAK
MP-ASI BUBUR INSTAN BERBASIS TEPUNG TEMPE DAN TEPUNG
PISANG KEPOK UNTUK BALITA *UNDERWEIGHT* USIA 6-8 BULAN
(Analisis Karbohidrat, Protein, Serat Pangan dan Uji Organoleptik)

Ayu Suryaningtyas Sabastiani
NIM. 422021728010

Berdasarkan data SSGI, pada tahun 2022 terdapat 17,1% balita mengalami *underweight* yang disebabkan oleh kurangnya asupan zat gizi. Peningkatan status gizi balita dapat dicapai melalui pemberian MP-ASI yang tepat dan berkualitas. Penelitian ini menggunakan metode eksperimen dengan Rancangan Acak Lengkap (RAL) yaitu dengan 4 formulasi (1 kontrol dan 3 sampel) dengan tiga kali pengulangan analisis. Metode yang digunakan untuk analisis karbohidrat dengan metode *luff schoorl*, analisis protein dengan metode kjeldhal, analisis serat pangan dengan metode gravimetri enzimatis dan uji organoleptik pada panelis semi terlatih. Analisis data untuk hasil analisis karbohidrat, analisis protein dan analisis serat pangan menggunakan metode ANOVA dilanjutkan dengan uji Duncan, sementara itu data uji organoleptik menggunakan analisis uji *Kruskal-Wallis* dilanjutkan dengan uji Mann-Whitney. Hasil dari penelitian ini menunjukkan terdapat perbedaan yang signifikan kadar karbohidrat ($p=0,001$), kadar protein dan kadar serat pangan ($p=0,000$) serta uji organoleptik ($p=0,000$) pada 4 formulasi bubur instan. Kadar karbohidrat tertinggi sebesar 32,76% pada F2, kadar protein tertinggi sebesar 18,10% pada F4, kadar serat pangan tertinggi sebesar 25,33% pada F4. Kesimpulan pada penelitian ini terdapat perbedaan kadar karbohidrat, protein, serat pangan dan uji organoleptik pada MP-ASI bubur instan dengan formulasi terbaik pada F2 dengan proporsi bahan 45% tepung tempe dan 55% tepung pisang kepok.

kata kunci: Bubur instan; MP-ASI; tepung tempe; tepung pisang kepok