

PENGARUH FORTIFIKASI TEPUNG DAUN KELOR (*Moringa oleifera*) TERHADAP MUTU BUBUR BAYI INSTAN

[*The Effect Of Fortification Of Moringa Leaf (Moringa Oleifera) Flour On The Quality Of Instant Baby Porridge*]

Eka Sri Dewi Anga Lestari¹⁾, Zainuri²⁾, Rini Nofrida²⁾

¹⁾Mahasiswa Fakultas Teknologi Pangan dan Agroindustri Universitas Mataram

²⁾Staf Pengajar Fakultas Teknologi Pangan dan Agroindustri Universitas Mataram

Email: ekasridewi05@gmail.com

ABSTRACT

Instant baby porridge is baby food instant with a soft texture that is usually made from rice flour. The nutrition of instant baby porridge can be improved by adding nutritious materials such Moringa leaf flour or other food materials. This study aims to determine the effect of fortification using Moringa leaf flour on the quality of instant baby porridge. This research used a Randomized Block Design (RBD) with fortification treatment of Moringa leaf flour (0%; 2.5%; 5%; 7.5%; 10%; and 12.5%) Each treatment was made into 3 replications, thus there were 18 experimental units. The parameters analysed were water content, ash content, protein content, water absorption, color, aroma, and taste. Data obtained from the observation were analyzed using analysis of variance (ANOVA) with a significance level of 5% using Co-Stat. The data that were significantly different were further tested with the Honestly Significant Difference (HSD) test. The results showed that fortification treatment of Moringa leaf flour had a significantly different effect on water content, ash content, protein content, water absorption, color, aroma, and taste. The fortification using 5% Moringa leaf flour was the best treatment that produced instant baby porridge with a moisture content of 5.94%; ash content 1.52%; protein content 12.22%, water absorption 2.00 mL/g, green color porridge; a rather strong unpleasant aroma, and a slightly strong Moringa leaf taste of the instant baby porridge.

Keywords : *instant baby porridge, Moringa leaf flour, rice flour.*

ABSTRAK

Bubur bayi instan merupakan makanan bayi yang bersifat instan dengan tekstur lunak yang biasanya dibuat dengan bahan dasar tepung beras. Nutrisi bubur bayi instan dapat ditingkatkan dengan penambahan bahan bernutrisi seperti tepung daun kelor atau bahan pangan lainnya. Penelitian ini bertujuan untuk mengetahui pengaruh fortifikasi menggunakan tepung daun kelor terhadap mutu bubur bayi instan. Penelitian ini menggunakan Rancangan Acak Kelompok (RAK) dengan perlakuan fortifikasi tepung daun kelor (0%; 2,5%; 5%; 7,5%; 10%; dan 12,5%). Tiap perlakuan dibuat 3 kali ulangan sehingga terdapat 18 unit percobaan. Parameter yang dianalisis meliputi kadar air, kadar abu, kadar protein, daya serap air, warna, aroma, dan rasa. Data hasil pengamatan dianalisis menggunakan analisis keragaman (ANOVA) dengan taraf nyata 5% menggunakan *Co-Stat*. Data yang berbeda nyata diuji lanjut dengan Uji Beda Nyata Jujur (BNJ). Hasil penelitian menunjukkan bahwa perlakuan substitusi tepung daun kelor memberikan pengaruh yang berbeda nyata terhadap kadar air, kadar abu, kadar protein, daya serap air, dan warna, aroma, dan rasa. Perlakuan fortifikasi dengan tepung daun kelor 5% merupakan perlakuan terbaik yang menghasilkan bubur bayi instan dengan kadar air 5,94%; kadar abu 1,52%; kadar protein 12,22%, daya serap air 2,00 mL/g, warna bubur hijau; aroma langu yang agak kuat, dan rasa daun kelor yang agak kuat pada bubur bayi instan.

Kata Kunci : bubur bayi instan, tepung daun kelor, tepung beras.