

**PENGARUH SUBSTITUSI BAHAN PANGAN SUMBER ANTIOKSIDAN TERHADAP PERBAIKAN NILAI GIZI
JAJE TUJAK PRODUK TRADISIONAL KHAS LOMBOK**

**(THE EFFECT OF SUBSTITUTION OF ANTIOXIDANTS FOOD SOURCES ON THE IMPROVEMENT OF
NUTRITIONAL VALUE OF TRADITIONAL PRODUCTS LOMBOK TYPICAL JAJE TUJAK)**

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ABSTRACT

This study aims to determine the effect of substitution of antioxidant food sources on the improvement of the nutritional value of jaje tujak. The study used completely randomized design (CRD) with one factor was substitution of sticky rice with antioxidant sources (70%:30%) with three replication. The treatments in this study were P0 (kontrol); P1 (purple yam flour); P2 (yellow yam flour); P3 (leaf flour moringa); P4 (steamed pigeon pea) and P5 (steamed red beans). The parameters observed were moisture content, ash content, protein content, antioxidant activity and organoleptic (color, aroma, texture and taste). Observational data were tested by analysis of variance at 5% significance level using Co-Stat Software. If the results of the observations are significantly different, then further tested with the BNJ test at a 5% significance level. The results showed that the highest antioxidant activity was P1 were 95.16%; 34,07% moisture content; 2,33% ash content and 5,10% protein content. The P4 treatment was the best result seen from the sensory texture, taste, color and aroma which was favored by the panelists and in scoring which had assessment of the mushy texture, brown color, bit of pigeon pea taste and non-langu flavor; with 95.11% antioxidant activity; 6.02% protein content; 50.18% moisture content and 2.20% ash content.

Keywords : Jaje tujak, Moringa, Pigeon pea, Red beans, Yams.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh substitusi bahan pangan sumber antioksidan terhadap perbaikan nilai gizi jaje tujak. Rancangan penelitian yang digunakan dalam penelitian ini adalah Rancangan Acak Lengkap (RAL) dengan satu faktor yaitu substitusi beras ketan dengan bahan sumber antioksidan (70%:30%) dengan tiga kali ulangan. Perlakuan terdiri atas P0 (kontrol); P1 (tepung ubi ungu); P2 (tepung ubi kuning); P3 (tepung daun kelor); P4 (kacang lebul kukus) dan P5 (kacang merah kukus). Parameter yang diamati yaitu kadar air, kadar abu, kadar protein, aktivitas antioksidan dan organoleptik (warna, aroma, tekstur dan rasa). Data hasil pengamatan diuji dengan analisis keragaman pada taraf nyata 5% menggunakan Software Co-Stat. Jika hasil pengamatan berbeda nyata, maka diuji lanjut dengan Uji BNJ pada taraf nyata 5%. Hasil penelitian menunjukkan bahwa aktivitas antioksidan tertinggi terdapat pada P1 yaitu 95,16% dengan kadar air 34,07%; kadar abu 2,33% dan kadar protein 5,10%. Perlakuan P4 merupakan hasil terbaik dilihat dari sensoris tekstur, rasa, warna dan aroma yang agak disukai oleh panelis dan secara skoring tekstur lembek, berwarna coklat, agak berasa lebul dan beraroma tidak langu; dengan aktivitas antioksidan 95,11%; kadar protein 6,02%; kadar air 50,18% dan kadar abu 2,20%.

Kata kunci : Jaje tujak, Kacang merah, Kelor, Lebul, Ubi-ubian.