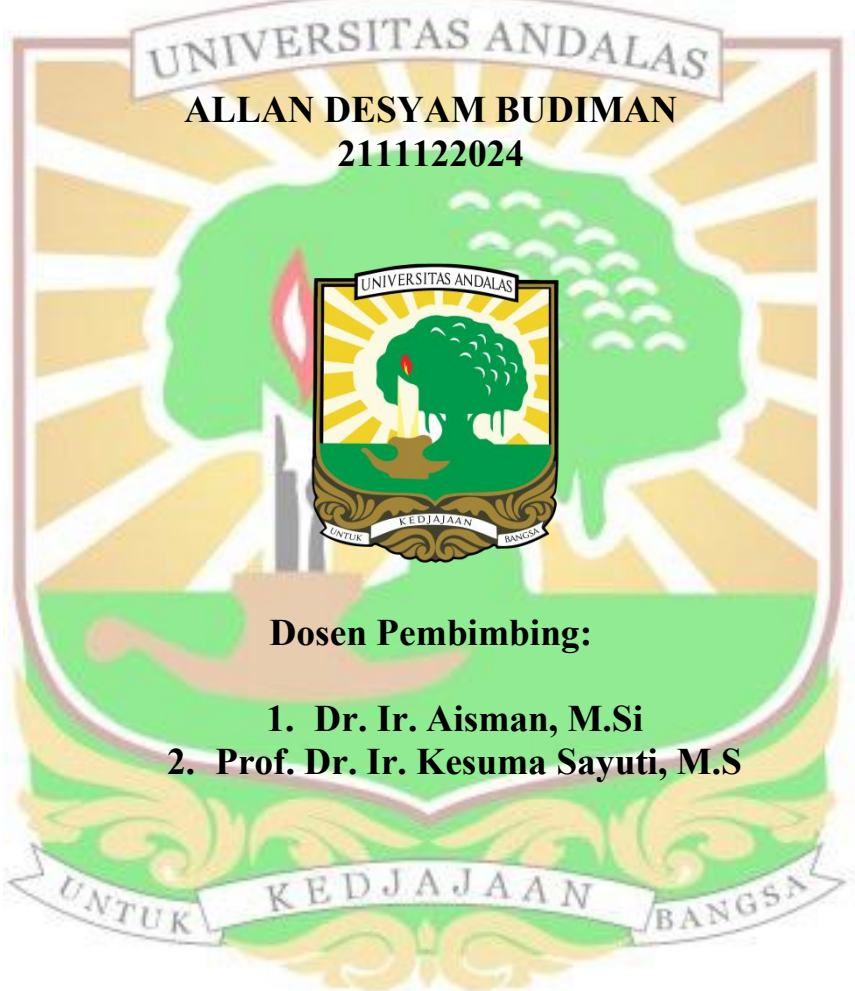


**PENGARUH SUBSTITUSI TEPUNG PISANG
KEPOK (*Musa paradisiaca* L.) DENGAN
CAMPURAN TEPUNG KEDELAI (*Glycine max* L.)
DAN TEPUNG IKAN MAS (*Cyprinus carpio* L.)
TERHADAP KARAKTERISTIK BUBUR INSTAN**

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**FAKULTAS TEKNOLOGI PERTANIAN
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PENGARUH SUBSTITUSI TEPUNG PISANG KEPOK (*Musa parasidiaca L.*) DENGAN CAMPURAN TEPUNG KEDELAI (*Glycine max L.*) DAN TEPUNG IKAN MAS (*Cyprinus carpio L.*) TERHADAP KARAKTERISTIK BUBUR INSTAN

Allan Desyam Budiman, Aisman, Kesuma Sayuti

ABSTRAK

Bubur instan berbasis pisang berpotensi meningkatkan gizi anak, namun tepung pisang memiliki kandungan protein yang rendah sehingga perlu dikombinasikan dengan tepung kedelai dan tepung ikan mas untuk memperbaiki kualitas nutrisi. Tepung kedelai berperan sebagai sumber protein nabati sekaligus mengurangi aroma amis, sedangkan tepung ikan mas menyumbang asam amino esensial yang meningkatkan kualitas protein. Penelitian ini menggunakan RAL lima perlakuan dengan perbandingan TP:TK:TI (A: 50%: 50%:0% ; B: 50%:30%:20% ; D: 50%:25%:25% ; D: 50%:20%:30% ; dan E: 50%:0%:50%) dan tiga ulangan. Hasil penelitian menunjukkan bahwa substitusi berpengaruh nyata terhadap kadar air, abu, protein, lemak, karbohidrat, energi, serta uji hedonik warna dan aroma ($p < 0,05$). Formulasi terbaik terdapat pada perlakuan D (50:20:30) dengan daya serap air 2,68 mL/g, densitas kamba 0,50 g/mL, kadar air 8,83%, abu 4,07%, protein 17,40%, lemak 13,84%, serat kasar 0,54%, karbohidrat 55,47%, energi 455,77 kkal/100 g, serta skor hedonik warna 3,72; aroma 3,44; rasa 3,56; dan tekstur 3,88. Formulasi ini menghasilkan bubur instan yang bernilai gizi seimbang dan dapat diterima secara sensori sehingga berpotensi mendukung kebutuhan gizi anak usia dini.

Kata kunci: bubur instan, tepung pisang, tepung kedelai, tepung ikan, nutrisi anak

EFFECT OF SUBSTITUTION OF BANANA FLOUR WITH A MIXTURE OF SOYBEAN FLOUR AND CARP FISH FLOUR ON THE CHARACTERISTICS OF INSTANT PORRIDGE

Allan Desyam Budiman, Aisman, Kesuma Sayuti

ABSTRACT

Banana-based instant porridge has the potential to improve children's nutrition, but banana flour has a low protein content so it needs to be combined with soy flour and carp flour to improve nutritional quality. Soy flour acts as a source of vegetable protein while reducing fishy odor, while carp flour contributes essential amino acids that improve protein quality. This study used a five-treatment RAL with a ratio of TP:TK:TI (A: 50%: 50%: 0%; B: 50%: 30%: 20%; D: 50%: 25%: 25%; D: 50%: 20%: 30%; and E: 50%: 0%: 50%) and three replications. The results showed that substitution significantly affected the levels of air, ash, protein, fat, carbohydrate, energy, and hedonic tests of color and aroma ($p < 0.05$). The best formulation was found in treatment D (50:20:30) with a water absorption capacity of 2.68 mL/g, a bulk density of 0.50 g/mL, water content of 8.83%, ash of 4.07%, protein of 17.40%, fat of 13.84%, crude fiber of 0.54%, carbohydrate of 55.47%, energy of 455.77 kcal/100 g, and hedonic scores of color 3.72; aroma of 3.44; taste of 3.56; and texture of 3.88. This formulation produces instant porridge that has balanced nutritional value and is sensorially acceptable so that it has the potential to support the nutritional needs of early childhood.

Keywords: instant porridge, banana flour, soybean flour, carp fish flour, child nutrition