

Pengaruh Penambahan Sayuran Terhadap Kadar Serat Pangan Dan Kandungan Gizi Serta Uji Hedonik Pada Produk Siomay = The Effect Of Vegetables Addition To The Dietary Fiber Content And Nutritional Values Along With The Hedonic Test Of Products Siomay

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Abstrak

Penelitian ini merupakan pembuatan produk makanan inovasi, berupa penambahan sayuran sawi hijau dan wortel pada produk siomay, untuk menghasilkan produk jajanan yang rendah lemak, tetapi tinggi serat pangan. Penelitian eksperimental ini bertujuan untuk mengetahui pengaruh penambahan sayuran terhadap kadar serat pangan dan kandungan gizi, serta hasil uji hedonik pada produk siomay. Terdapat 4 jenis siomay yang diteliti, yaitu siomay tanpa penambahan sayuran, sebagai variabel kontrol, dan tiga jenis siomay dengan perlakuan penambahan 20%, 30%, dan 40% sayuran. Perbandingan penambahan sayuran sawi hijau dan wortel adalah 50%:50%. Analisis kadar serat pangan dan kandungan gizi lainnya dilakukan di Laboratorium analisis pangan PT. Saraswati Indo Genetech, Bogor. Sedangkan, uji hedonik ketiga jenis siomay sayuran dilakukan pada 65 murid SMPN 200 Jakarta Utara pada bulan April 2013. Data dianalisis dengan menggunakan uji Anova dan dilanjutkan dengan uji Bonferroni. Jenis siomay sayuran yang mempunyai kadar serat pangan tertinggi dan tingkat kesukaan tertinggi adalah siomay 40% sayuran. Kandungan dalam 100 gram siomay 40% sayuran adalah 5,24 g serat pangan; 62,94 g air; 1,72 g abu; 5,46 g protein; 1,02 g lemak; 28,86 g karbohidrat; dan 125,5 kkal energi.

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This study was conducted by creating innovative food products, with the addition of chinese flowering cabbage and carrots on Siomay products, to produce snacks which are low fat, but having high content of dietary fiber. This experimental study was aimed to determine the effect of vegetables addition to dietary fiber content and nutritional values along with hedonic test result on siomay products. There were 4 types of siomay which were observed, the first one was siomay without the addition of vegetable, as control variable, and the other types were siomay with additional treatments containing 20%, 30%, 40% vegetables. The comparison of the addition of chinese flowering cabbage and carrots are 50%: 50%. The analysis of dietary fiber content and other nutritional values was carried in food analysis laboratories PT. Saraswati Indo Genetech, Bogor. Meanwhile, the hedonic test from three types of vegetable siomay conducted on 65 students of SMPN 200 Jakarta Utara in April 2013. These data had been analyzed by Anova test and continued by Bonferroni test. The vegetable siomay that had the highest dietary fiber content and highest preference level was siomay containing 40% vegetables. The content in 100 grams siomay containing 40% vegetables were 5,24 g dietary fiber; 62,94 g water; 1,72 g ash; 5,46 g protein; 1,02 g fat; 28,86 g carbohydrate; and 125,5 kkal energy.