

**PENGARUH PERSENTASE TEPUNG CAMPURAN (DAUN KELOR, UBI
UNGU, DAN IKAN TERI) TERHADAP KANDUNGAN PROKSIMAT BISKUIT
BMC SEBAGAI PANGAN DARURAT BERBASIS PANGAN LOKAL**

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INTISARI

Latar belakang : Indonesia merupakan negara rawan bencana. Dalam keadaan bencana, pangan darurat siap santap merupakan suatu alternatif yang dapat dipertimbangkan untuk memenuhi kebutuhan energi harian. Pangan darurat berbentuk biskuit dengan bahan baku pangan lokal berupa tepung campuran yang terdiri dari tepung daun kelor, ubi ungu, dan ikan teri diharapkan dapat menjadi salah satu alternatif pangan darurat. Oleh karena itu, dibutuhkan analisis proksimat terhadap biskuit rancangan untuk mengetahui kandungan gizinya dan kesesuaian dengan syarat pangan darurat.

Tujuan : Mengetahui pengaruh perbedaan persentase tepung campuran (tepung ubi ungu, daun kelor, dan teri) terhadap kandungan proksimat berbagai formulasi biskuit BMC dan kesesuaian kandungan proksimat biskuit formulasi BMC sebagai pangan darurat bencana.

Metode Penelitian : Penelitian yang akan dilakukan merupakan penelitian eksperimental dengan metode Rancangan Acak Lengkap (RAL). Tiga kelompok perlakuan adalah biskuit dengan perbandingan tepung campuran : tepung terigu sebesar 25:75 (formula A), 50:50 (formula B), dan 75:25 (formula C). Analisis kadar protein dilakukan dengan metode *Macro Kjeldahl*, analisis kadar lemak dengan metode *Soxhlet*, analisis kadar air dengan termogravimetri, analisis kadar abu dengan pengabuan langsung, dan analisis kadar karbohidrat dengan perhitungan atau *by difference*.

Hasil Penelitian : Biskuit BMC formulasi A, B, dan C sebagai produk EFP telah memenuhi standar pemenuhan energi dari lemak dan karbohidrat namun belum memenuhi standar persen energi protein.

Kesimpulan : Biskuit C, biskuit dengan tepung campuran 75%, menjadi formulasi terbaik karena telah memenuhi aspek standar pemenuhan kalori dari lemak dan karbohidrat dan mempunyai kadar protein tertinggi diantara ketiga formulasi.

Kata Kunci : Proksimat, Ubi Ungu, Daun Kelor, Ikan Teri, Biskuit, Pangan Darurat Bencana

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EFFECT OF MIXED FLOUR PERCENTAGE (MORINGA LEAVES, PURPLE SWEET POTATO, AND ANCHOVY) ON THE PROXIMATE CONTENT OF BMC BISCUIT AS LOCAL-BASED EMERGENCY FOOD PRODUCT

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ABSTRACT

Background : Indonesia is a disaster-prone country. In a disaster situation, ready-to-eat emergency food is an alternative that can be considered to meet daily energy needs. Emergency food in the form of biscuits with local food raw materials in the form of mixed flour consisting of moringa leaf flour, purple sweet potatoes and anchovies is expected to be an alternative emergency food. Therefore, a proximate analysis of the designed biscuits is needed to determine its nutritional content and suitability with emergency food requirements.

Objective : To determine the effect of different percentages of mixed flour (purple sweet potato flour, moringa leaves, and anchovies) on the proximate content of various BMC biscuit formulations and the suitability of the proximate content of BMC biscuit formulations as disaster emergency food.

Methods : The research to be carried out is an experimental study using a completely randomized design. The three treatment groups were biscuits with a ratio of mixed flour: wheat flour of 25:75 (formula A), 50:50 (formula B), and 75:25 (formula C). Protein content analysis was carried out using the Macro Kjeldahl method, fat content analysis using Soxhlet method, water content analysis using thermogravimetry, ash content by direct ashing, and carbohydrates by calculation or by difference

Results : BMC biscuits formulations A, B, and C as EFP products have met the standards for energy from fat and carbohydrates. , the three formulations have not met the energy percent standard of 10-15%. Biscuit formulation C with a percentage of protein calories of 8.37% is the formulation with the highest protein content

Conclusion : Biscuit C, a biscuit with 75% flour mixture, is the best formulation because it meets the standard aspects of fulfilling calories from fat and carbohydrates and has the highest protein content among the three formulations.

Keywords : Proximate, Purple Sweet Potato, Moringa Leaves, Anchovy, Biscuits, Emergency Food Product

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