

## Intisari

### KARAKTERISTIK DAN AKTIVITAS ANTIOKSIDAN PADA MIE BASAH DENGAN TAMBAHAN TEPUNG *Sargassum hystrix* SEBAGAI PANGAN FUNGSIONAL

Mie merupakan makanan alternatif dengan bahan baku tepung terigu yang banyak dikonsumsi oleh masyarakat. Tujuan penelitian ini untuk mengetahui pengaruh perbedaan konsentrasi penambahan tepung *Sargassum hystrix* dalam mie basah terhadap aktivitas antioksidan, kandungan nutrisi, dan tingkat penerimaan konsumen. Bahan baku tepung *Sargassum hystrix* berpengaruh terhadap kandungan antioksidan, kandungan nutrisi, dan penerimaan konsumen dengan nilai aktivitas antioksidan (%RSA) 6,84-19,20 %, kadar air 67,12 - 76,28%, kadar abu 0,12-0,65%, kadar protein 3,77 – 5,09% dan kadar lemak 0,39 – 0,61%. Mie dengan konsentrasi tepung *Sargassum hystrix* 3% merupakan hasil penelitian yang paling disukai oleh konsumen dengan nilai hedonik atribut rasa 3,19, tekstur 3, dan keseluruhan 3,37 Mie dengan konsentrasi tepung *Sargassum hystrix* 3% mengandung kadar antioksidan 10,50%, kadar air 73,63%, kadar abu 0,26%, kadar protein 4,36%, dan kadar lemak 0,52%. Perlakuan dengan konsentrasi 5% dan 7% tidak berbeda nyata pada kadar protein, kadar lemak, nilai aroma, nilai tekstur, dan nilai keseluruhan. Mie basah *Sargassum hystrix* belum dapat disebut pangan fungsional karena belum memenuhi ketentuan sebagai pangan fungsional.

Kata kunci: antioksidan, mie, nutrisi, penerimaan konsumen, *Sargassum hystrix*.

## Abstract

### CHARACTERISTICS AND ANTIOXIDANT ACTIVITY ON WET NOODLES WITH THE ADDITION OF *Sargassum hystrix* FLOUR AS A FUNCTIONAL FOOD

Noodles are an alternative food made from wheat flour that is widely consumed by the community. The purpose of this study was to determine the effect of different concentrations of *Sargassum hystrix* flour addition in wet noodles on antioxidant activity, nutritional content, and consumer acceptance level. *Sargassum hystrix* flour affects the antioxidant content, nutritional content, and consumer acceptance with antioxidant activity values (%RSA) of 6.84-19.20%, water content of 67.12-76.28%, ash content of 0.12-0.65%, protein content of 3.77-5.09%, and fat content of 0.39-0.61%. Noodles with a concentration of 3% *Sargassum hystrix* flour were the most preferred by consumers with hedonic values of taste attribute 3.19, texture 3, and overall 3.37. Noodles with a concentration of 3% *Sargassum hystrix* flour contained an antioxidant content of 10.50%, water content of 73.63%, ash content of 0.26%, protein content of 4.36%, and fat content of 0.52%. Treatment with concentrations of 5% and 7% did not differ significantly in protein content, fat content, aroma value, texture value, and overall value. Wet noodles with *Sargassum hystrix* cannot yet be called functional food because they have not met the requirements as functional food.

Keywords: antioxidants, consumer acceptance, noodles, nutrition, *Sargassum hystrix*.