

Anis Suryani. NPM 210331100042. *Profil Mutu Kimia Bubur Instan Ubi Jalar (Ipomea batatas) Berdasarkan Variasi Komposisi Bahan dan Lama Pengeringan.* Di bawah Bimbingan **Dr. Banun Diyah Probawati, STP., M.Si.** dan **Nurmalisa Lisdayana, S. TP., M.Si**

ABSTRAK

Bubur instan merupakan bubur yang proses penyajian tidak perlu proses pemasakan, karena sebelumnya telah melalui proses pemasakan. Bubur instan biasanya terbuat dari kacang dan umbi-umbian. Pengembangan bubur instan dari ubi jalar merupakan upaya untuk meningkatkan nilai tambah ubi jalar, memberikan alternatif pilihan makanan instan dan menambah variasi terbaru bubur instan yang berbeda dari bubur instan konvensional. Ubi jalar merupakan tanaman umbi-umbian yang mengandung sumber energi karbohidrat. Selain itu, ubi jalar juga mengandung beberapa vitamin. Penelitian ini bertujuan untuk memperoleh profil mutu kadar air, protein, lemak, kadar abu, serat kasar, karbohidrat dan vitamin C. pada pembuatan bubur instan ubi jalar dan memperoleh pengaruh lama pengeringan dan variasi komposisi terhadap profil mutu bubur instan ubi jalar. Memperoleh profil mutu kimia terbaik bubur instan ubi jalar berdasarkan variasi komposisi dan lama pengeringan. Memperoleh pengaruh lama pengeringan dan variasi komposisi bahan terhadap profil mutu bubur instan ubi jalar. Proses pemasakan bubur instan ubi jalar ini dimulai dari pembuatan pasta ubi jalar, pembuatan sari kedelai, pemasakan bubur, pengeringan dan penghalusan. Ubi jalar digunakan sebagai bahan utama dengan penambahan bahan lain seperti sari kedelai, air dan susu. Pengujian mutu kimia dilakukan dengan pengukuran kadar air, protein, lemak, abu, serat kasar karbohidrat, vitamin C. Berdasarkan hasil pengujian, mutu kimia tertinggi pada bubur instan ubi jalar diperoleh nilai kadar air sebesar 11,19%, protein 16,36%, lemak 25,87%, abu 4,12%, karbohidrat 62,54%, serat kasar 25,58%, vitamin C 13,55%, sedangkan mutu kimia terendah diperoleh nilai kadar air 8,18%, abu 1,37%, protein 10,55%, lemak 12,89%, karbohidrat 47,56%, serat kasar 13,35%, vitamin C 9,27%.

Kata kunci: Kadar Air, Protein, Karbohidrat, Vitamin C

Anis Suryani. NPM 210331100042. *Chemical Quality Profile of Instant Sweet Potato Porridge (Ipomea batatas) Based on Variations in Ingredient Composition and Drying Time.* Under the guidance **Dr. Banun Diyah Probowati, STP., M.Si.** and **Nurmalisa Lisdayana, S. TP., M.Si**

ABSTRAK

Instant porridge is porridge whose serving process does not require a cooking process, because it has previously gone through a cooking process. Instant porridge is usually made from nuts and tubers. The development of instant porridge from sweet potatoes is an effort to increase the added value of sweet potatoes, provide alternative instant food choices and add new variations of instant porridge that are different from conventional instant porridge. Sweet potatoes are a tuber plant that contains a source of carbohydrate energy. Apart from that, sweet potatoes also contain several vitamins. This research aims to obtain the quality profile of water content, protein, fat, ash content, crude fiber, carbohydrates and vitamin C in making instant sweet potato porridge and to obtain the effect of drying time and composition variations on the quality profile of instant sweet potato porridge. Obtaining the best chemical quality profile for sweet potato instant porridge based on variations in composition and drying time. Obtaining the effect of drying time and variations in ingredient composition on the quality profile of instant sweet potato porridge. The process of cooking instant sweet potato porridge starts from making sweet potato paste, making soybean juice, cooking the porridge, drying and grinding. Sweet potatoes are used as the main ingredient with the addition of other ingredients such as soybean juice, water and milk. Chemical quality testing is carried out by measuring the content of water, protein, fat, ash, crude fiber, carbohydrates, vitamin C. Based on test results, the highest chemical quality in sweet potato instant porridge was obtained by water content of 11.19%, protein 16.36%, fat 25.87%, ash 4.12%, carbohydrates 62.54%, crude fiber 25.58% , vitamin C 13.55%, while the lowest chemical quality obtained was water content 8.18%, ash 1.37%, protein 10.55%, fat 12.89%, carbohydrates 47.56%, crude fiber 13.35%, vitamin C 9.27%.

Keywords: Water Content, Protein, Carbohydrates, Vitamin C