

Siti Faizah. NIM 190331100003. *PENGEMBANGAN PRODUK MAKANAN PENDAMPING ASI (MP-ASI) BISKUIT TINGGI PROTEIN SEBAGAI UPAYA PENCEGAHAN STUNTING*. Dibawah Bimbingan Khoirul Hidayat, S.T., M.T dan Dr. Darimiyya Hidayati, S.TP., M.P.

ABSTRAK

Stunting menjadi permasalahan penting di Indonesia. Kasus stunting Indonesia masih melonjak di atas standar WHO yaitu sebesar 24,4%. Pemanfaatan potensi pangan lokal di Indonesia merupakan alternatif untuk mencegah kejadian stunting. Jagung lokal Madura memiliki kandungan protein lebih tinggi dibandingkan jagung lainnya. Kacang tunggak merupakan kacang-kacangan yang memiliki kandungan protein tertinggi setelah kedelai. Protein tersusun dari asam amino esensial dan non esensial. Kandungan asam amino pada jagung dan kacang tunggak bersifat komplementer sehingga diduga dapat memenuhi kebutuhan protein pada balita dalam upaya mencegah terjadinya stunting. Pisang banyak digunakan untuk MP-ASI bayi yang bermanfaat bagi saluran pencernaan karena kandungan serat yang berfungsi sebagai prebiotik. Oleh karena itu jagung lokal Madura, pisang kepok dan kacang tunggak memiliki potensi untuk dikembangkan menjadi MP-ASI biskuit dalam rangka meminimalisir terjadinya kasus stunting di Indonesia. Tujuan dari penelitian ini yaitu mengetahui formulasi terbaik biskuit berdasarkan protein, tekstur dan warna serta mengetahui karakteristik fisik dan kimia dari formulasi terbaik biskuit sebagai MP-ASI biskuit tinggi protein dengan SNI 01-7111.2-2005 dan kontribusi terhadap angka kecukupan gizi. Desain penelitian ini menggunakan rancangan acak lengkap dengan 6 formulasi biskuit dan 3 kali pengulangan. Hasil penelitian menunjukkan bahwa formulasi 6 (jagung 40 gram; pisang kepok 60 gram; kacang tunggak 50 gram) adalah formulasi terbaik berdasarkan perhitungan nilai efektivitas. Karakteristik fisik biskuit formulasi terbaik memiliki nilai *hardness* 2.457 gf, *lightness* 34,62, *redness* 13,23, *yellowness* 36,16 dan nilai *hue* 69,90. Karakteristik kimia biskuit formulasi terbaik dengan nilai protein 12,54 %, kadar air 4,25%, kadar lemak 26,12%, kadar abu 2,86%, kadar karbohidrat 54,21%, serat kasar 5,01% dan energi 502,15 kkal. Takaran saji biskuit yaitu 2 keping (24 gram).

Kata Kunci: *Jagung, Kacang Tunggak, MP-ASI Biskuit, Pisang Kepok, Stunting*

Siti Faizah. NIM 190331100003. Development Of High Protein Biscuit Complementary Product (Mp-Asi) As A Stunting Prevention Effort. Under the guidance of Khoirul Hidayat, S.T., M.T dan Dr. Darimiyya Hidayati, S.T.P., M.P.

ABSTRACT

Stunting is an urgent problem in Indonesia. Indonesia's stunting cases are still soaring above the WHO standard of 24.4%. Utilization of local food potential in Indonesia is an alternative to preventing stunting. Madura local corn has a higher protein content than other corn. Cowpea is a legume that has the highest protein content after soybeans. Protein is composed of essential and non-essential amino acids. The amino acid content in corn and cowpea is complementary so that it is thought to be able to meet protein needs in toddlers in an effort to prevent stunting. Bananas are widely used for complementary foods for babies which are beneficial for the digestive tract due to their fiber content which functions as a prebiotic. Therefore Madura local corn, kepok banana and cowpea have the potential to be developed into MP-ASI biscuits in order to minimize stunting cases in Indonesia. The purpose of this study was to determine the best formulation of biscuits based on protein, texture and color as well as to determine the physical and chemical characteristics of the best formulation of biscuits as MP-ASI high protein biscuits with SNI 01-7111.2-2005 and their contribution to the nutritional adequacy rate. The research design used a completely randomized design with 6 biscuit formulations and 3 repetitions. The results showed that formulation 6 (corn 40 grams; banana kepok 60 grams; cowpea 50 grams) was the best formulation based on the calculation of the effectiveness value. The physical characteristics of the best formulation biscuits have a hardness value of 2.457 gf, lightness of 34,62, redness of 13,23, yellowness of 36.16 and hue value of 69,90. Chemical characteristics of the best biscuit formulation with protein value 12.54%, moisture content 4,25%, fat content 26,12%, ash content 2,86%, carbohydrate content 54,21%, crude fiber 5,01% and energy 502,15 kcal. The serving size for biscuits is 2 pieces (24 grams).

Keywords: Corn, Cowpea, Biscuits MP-ASI, Kepok Banana, Stunting