

Nur Aini. NPM 200331100039. *Kandungan Nutrisi Bubur Berbahan Jagung (*Zea mays L.*), Kacang Bambara (*Vigna subterranea L.*) Dan Kedelai (*Glycine max L.*)*
Di bawah Bimbingan **Dr. Banun Diyah Probowati, STP., M.Si.** dan **Dr. Supriyanto, S.TP., M.P.**

ABSTRAK

Bubur merupakan salah satu jenis pangan cair sebagai sumber karbohidrat yang sering dikonsumsi masyarakat Indonesia. Bubur tidak hanya terbuat dari bahan beras saja akan tetapi dapat dibuat dari bahan jagung dan kacang-kacangan. Namun kandungan protein pada jagung cukup rendah, sehingga perlu adanya penambahan sumber protein seperti kacang bambara dan kedelai. Tujuan penelitian ini yaitu Untuk memperoleh kandungan nutrisi (protein, lemak, kadar abu dan karbohidrat) bubur berbahan jagung, kacang bambara dan kedelai serta untuk mengetahui pengaruh komposisi jagung, kacang bambara dan kedelai terhadap kandungan nutrisi bubur. Penelitian ini dimulai dengan pemanasan sari jagung, sari kacang bambara dan sari kacang kedelai pada suhu 85°C selama 20 menit. Bubur yang dihasilkan dilanjutkan pada pengujian proksimat yaitu uji kadar protein, kadar lemak, kadar abu dan kadar karbohidrat. Hasil uji kimia menunjukkan bahwa sampel A1 mengandung 13,20% protein, 7,26% lemak, 0,25% kadar abu dan 8,25% karbohidrat. Sampel A2 mengandung 12,83% protein, 7,30% lemak, 0,33% kadar abu dan 14,27% karbohidrat. Sampel A3 mengandung 11,13% protein, 5% lemak, 0,33% kadar abu, dan 3,68% karbohidrat. Hasil kandungan nutrisi menunjukkan bahwa perbedaan komposisi kacang bambara dan kedelai tidak berpengaruh terhadap kandungan protein dan lemak, tetapi berpengaruh terhadap kadar abu dan karbohidrat.

Kata kunci: Bubur, Nutrisi, Jagung, Kacang bambara, Kedelai

Nur Aini. NPM 200331100039. *Nutritional Content of Porridge Made from Corn (Zea mays L.), Bambara Beans (Vigna subterranea L.) and Soybeans (Glycine max L.)* Under the guidance **Dr. Banun Diyah Probowati, STP., M.Si.** and **Dr. Supriyanto, S.TP., M.P.**

ABSTRACT

Porridge is one type of liquid food as a source of carbohydrates that are often consumed by the people of Indonesia. Porridge is not only made from rice but can be made from corn and beans. However, the protein content in corn is quite low, so it is necessary to add protein sources such as bambara beans and soybeans. The purpose of this study is to obtain the nutritional content (protein, fat, ash content and carbohydrates) of porridge made from corn, bambara beans and soybeans and to determine the effect of the composition of corn, bambara beans and soybeans on the nutritional content of porridge. This study began by heating corn juice, bambara bean juice and soybean juice at 85°C for 20 minutes. The resulting porridge is continued on proximate testing, namely testing protein content, fat content, ash content and carbohydrate content. The results of chemical tests showed that the A1 sample contained 13.20% protein, 7.26% fat, 0.25% ash content and 8.25% carbohydrates. The A2 sample contained 12.83% protein, 7.30% fat, 0.33% ash content and 14.27% carbohydrates. The A3 sample contained 11.13% protein, 5% fat, 0.33% ash content, and 3.68% carbohydrates. The results of nutritional content showed that the difference in the composition of bambara beans and soybeans did not affect the protein and fat content, but did affect the ash and carbohydrate content

Keywords: Porridge, Nutrients, Corn, Bambara beans, Soybeans