

ABSTRAK

Alga merupakan organisme autotrof yang ditemukan dalam dua jenis lingkungan, yaitu air tawar dan air laut. *Caluerpa* sp dan *Ulva lactuca* mengandung alginat dan yodium, dua zat yang banyak digunakan dalam industri makanan, farmasi, kosmetik, dan juga industri tekstil. Potensi manfaat nilai gizi tinggi seperti protein dan serat yang terkandung dalam alga laut jenis *Caluerpa* sp dan *Ulva lactuca* belum dimanfaatkan secara maksimal oleh masyarakat pesisir pulau mamburit kangean. Hal ini dikarenakan minimnya kajian ilmiah yang memadai mengenai manfaatnya. Alga laut *Caluerpa* sp dan *Ulva lactuca* hanya dijual dalam kondisi kering dan hanya dijadikan lauk atau urapdi daerah pesisir kangean. Guna meningkatkan pemanfaatannya diperlukan penelitian tentang kandungan gizi mengetahui senyawa kimia yang terkandung pada *Caluerpa* sp. dan *Ulca lactuca*. untuk mengetahui nilai gizi yang terkandung di dalamnya sehingga dapat dimanfaatkan dengan maksimal. Kandungan gizi alga laut dengan jenis *caluerpa* sp mendapatkan nilai kandungan gizi kadar air dengan nilai kadar air 4,10% , kadar abu 15,30%, kadar protein 8,60%, kadar lemak 0,29% dan kadar karbohidrat mendapatkan nilai kadar 71,50%. Pada jenis *Ulva lactuca* mendapatkan nilai kadar air 4,30%. Kadar abu 14,30%. Kadar protein 7,40%. Kadar lemak 0,42% dan kadar karbohidrat mendapatkan hasil 73,69%.

Kata Kunci : *Kandungan Gizi, Caluerpa sp, Ulva lactuca*

ABSTRACT

Algae are autotrophic organisms that are found in two types of environments, namely fresh water and sea water. *Caulerpa* sp. and *Ulva lactuca* contain alginate and iodine, two substances widely used in the food, pharmaceutical, cosmetic, and textile industries. The potential benefits of the high nutritional value, such as protein and fiber, contained in marine algae like *Caulerpa* sp. and *Ulva lactuca* have not been optimally utilized by the coastal communities of Mamburit Kangean Island. This is due to the lack of adequate scientific studies regarding their benefits. The marine algae *Caulerpa* sp. and *Ulva lactuca* are only sold dried and are used solely as a side dish or seasoning in the Kangean coastal area. In order to increase their utilization, research is needed on the nutritional content to determine the chemical compounds contained in *Caulerpa* sp. and *Ulva lactuca* and to find out their nutritional value so that they can be utilized optimally. The nutritional content of marine algae of the *Caulerpa* sp. type has been found to include a water content of 4.10%, ash content of 15.30%, protein content of 8.60%, fat content of 0.29%, and carbohydrate content of 71.50%. The *Ulva lactuca* type has been found to include a water content of 4.30%, ash content of 14.30%, protein content of 7.40%, fat content of 0.42%, and carbohydrate content of 73.69%.

Kata Kunci : *Nutrient Content, Caluerpa* sp, *Ulva lactuca*