

ABSTRAK

Devita Kurnia Sari

DAYA TERIMA DAN ANALISIS PROTEIN PUDING SUSU KACANG HIJAU DENGAN FLA KUNING TELUR UNTUK PRA STUNTING

xvi + 66 Halaman + 18 Tabel +9 Lampiran

Pra-stunting merupakan kondisi yang berisiko menyebabkan gangguan pertumbuhan dan perkembangan anak, maka dari itu upaya pencegahan sangat diperlukan dengan cara pemberian makanan bergizi tinggi protein. Salah satu inovasi pangan yang dapat dikembangkan yaitu puding susu kacang hijau dengan fla kuning telur karena mengandung sumber protein dari susu, kacang hijau, dan kuning telur. Tujuan penelitian yaitu mengetahui daya terima dan kandungan protein pada puding susu kacang hijau dengan fla kuning telur untuk pra-stunting.

Jenis penelitian ini adalah eksperimen desain Rancangan Acak Lengkap (RAL) yang terdiri atas tiga formulasi antaranya F0, F1, dan F2. Pada 25 panelis mahasiswa gizi dilakukan uji daya terima dengan metode uji hedonik terhadap atribut warna, aroma, rasa, dan tekstur. Analisis statistik menggunakan uji *Kruskal Wallis* kemudian dilanjut dengan uji *Mann Whitney*. Analisis kandungan protein dengan metode *Kjeldahl*.

Hasil penelitian menunjukkan formulasi F0 mempunyai tingkat penerimaan tertinggi pada semua atribut. Hasil uji *Kruskal Wallis* menunjukkan terdapat perbedaan signifikan pada warna ($p=0,002$) dan rasa ($p=0,001$). Kandungan protein formulasi F1 sebesar 1,81 % lebih tinggi dibandingkan F0 sebesar 1,37 %.

Kata Kunci : Puding, Kacang Hijau, Protein, Pra-stunting

Daftar Bacaan : 23 Jurnal dan 3 Non-Jurnal

ABSTRACT

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ACCEPTABILITY AND PROTEIN ANALYSIS OF MUNG BEAN MILK PUDDING WITH EGG YOLK CUSTARD FOR PRE-STUNTING CHILDREN

xvi + 66 Pages + 18 Tables + 9 Appendices

Pre-stunting is a condition that increases the risk of impaired growth and development in children, requiring preventive efforts through the provision of high-protein nutritious foods. One food innovation that can be developed is mung bean milk pudding with egg yolk custard, as it contains protein sources from milk, mung beans, and egg yolks. This study aimed to determine the acceptability and protein content of mung bean milk pudding with egg yolk custard for pre-stunting children.

This study employed an experimental design using a Completely Randomized Design (CRD) consisting of three formulations: F0, F1, and F2. The acceptability test was conducted on 25 nutrition students as panelists using a hedonic test method to evaluate color, aroma, taste, and texture attributes. Statistical analysis was performed using the Kruskal–Wallis test followed by the Mann–Whitney test. Protein content analysis was carried out using the Kjeldahl method.

The results showed that formulation F0 had the highest acceptability scores across all attributes. The Kruskal–Wallis test indicated significant differences in color ($p = 0.002$) and taste ($p = 0.001$). The protein content of formulation F1 was 1.81%, which was higher than that of F0 1.37 %).

Keywords: Pudding, Mung Bean, Protein, Pre-stunting

References: 23 Journal Articles and 3 Non-Journal Sources.