ABSTRAK

ANALISIS KANDUNGAN GIZI PADA MIE BASAH DARI BIJI SORGUM (*Sorghumbicolor* L. Moench) DI DESA UMALOR KECAMATAN MALAKA BARAT KABUPATEN MALAKA.

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Sorgum merupakan salah satu bahan pangan alternatif untuk mengurangi impor terigu, sehingga dapat memperbaiki status gizi dari mie basah yang dihasilkan. Sorgum memiliki kandungan nutrisi yang cukup tinggi dibandingkan bahan pangan yang lainnya. Penelitian ini bertujuan untuk mengetahui kandungan gizi pada mie basah dari biji sorgum yang terdapat di Desa Umalor Kecamatan Malaka Barat Kabupaten Malaka. Penelitian ini dilakukan di Laboratorium Pendidikan Biologi UKAW kupang dan di Laboratoium Pengawasan Mutu Pangan (PMP) menggunakan metode eksperimen RAL dengan 4 perlakuan dan 2 kali ulangan yaitu (PO) 100%: 0%, (P1) 60%: 40%, (P2) 50% : 50% (P3) 40%: 60%. Uji proksimat meliputi kadar air, kadar protein, kadar lemak, kadar abu, kadar karbohidrat. Berdasarkan hasil uji ANOVA didapatkan hasil yang berbeda nyata pada setiap perlakuan sehingga dilanjutkann uji lanjut Duncan Multiple Reing Test (DMRT) pada taraf signifikan 5%. Hasil Uji proksimat untuk mengukur kandungan gizi mie basah, kandungan kadar air tertinggi pada perlakuan P0 sebesar 61,06%, kadar protein tertinggi pada perlakuan P0 sebesar 7,91%, kadar lemak tertinggi pada perlakuan P3 sebesar 11,34%, kadar abu tertinggi pada perlakuan P3 sebesar 0,48% dan kadar karbohidrat tertinggi pada perlakuan P3 sebesar 30,2%

Kata Kunci: Sorgum, Mie Basah, Kandungan Gizi, Bahan Pangan, Desa Umalor.

Keterangan:

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ABSTRACT

ANALYSIS OF THE NUTRITIONAL CONTENT OF WET NOODLES MADE FROM SORGHUM (*Sorghum bicolor* L. Moench) IN UMALOR VILLAGE, WEST MALAKA DISTRICT, MALAKA REGENCY

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Sorghum is an alternative food source that can help reduce wheat imports and improve the nutritional quality of wet noodles. Compared to other food ingredients, sorghum has relatively high nutritional value. This study aimed to determine the nutritional content of wet noodles made from sorghum seeds originating from Umalor Village, West Malaka District, Malaka Regency. The research was conducted at the Biology Education Laboratory of Artha Wacana Christian University (UKAW) Kupang and the Food Quality Control Laboratory (PMP). The experimental method used was a Completely Randomized Design (CRD) with four treatments and two replications, namely P0 (100% wheat flour : 0% sorghum flour), P1 (60% wheat flour : 40% sorghum flour), P2 (50% wheat flour : 50% sorghum flour), and P3 (40% wheat flour : 60% sorghum flour). Proximate analysis was carried out to determine the levels of moisture, protein, fat, ash, and carbohydrates. Based on the results of the ANOVA test, there were significant differences among treatments; therefore, the analysis was continued using Duncan's Multiple Range Test (DMRT) at a 5% significance level. The results of the proximate test showed that the highest moisture content was found in treatment P0 (61.06%), the highest protein content in P0 (7.91%), the highest fat content in P3 (11.34%), the highest ash content in P3 (0.48%), and the highest carbohydrate content in P3 (30.2%).

Keywords: Sorghum, Wet Noodles, Nutritional Content, Foodstuffs, Umalor Village

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