

ABSTRACT

TITA ANARA ENDARDI. 2023. The Effect of Formulations of Catfish, Tempeh and Moringa Leaves on the Quality of Siomay as a Snack for Anemia Pregnant Women (Study of Chemical Quality, Nutritional Quality, Energy Value and Organoleptic Quality)

Advisors: Theresia Puspita and I Komang Suwita

Based on Riskesdas (2018), there were 37.1% of pregnant women with anemia in 2013 and an increase of 11.8% in 2018 to 48.7%, namely pregnant women with Hb levels of less than 11.0 gram/dl. And in 2019, the incidence of anemia in pregnant women in Indonesia is still relatively high, which has increased by 0.2% from 2018 to 48.9% (Ministry of Health RI, 2019). The impact caused by anemia is that it can increase the risk of *postpartum* which endangers the mother and fetus. Even though the government has carried out a program to combat anemia in pregnant women, namely by giving 90 Fe tablets to pregnant women during the gestation period with the aim of reducing the incidence of anemia in pregnant women, the incidence of anemia is still high. The purpose of this study was to get the right formulation of catfish dumplings, tempeh and Moringa leaves for anemic pregnant women. This study used a type of laboratory experimental research with a completely randomized design (CRD) using 3 levels of treatment, totaling 9 experimental units. Treatment level P1 with the proportions of catfish meat: tempe: kelor leaves (60:35: 5), P2 (60: 30: 10), P3 (60: 25: 15). The results showed that the formulation of tempeh and moringa leaves in catfish dumplings had a significant effect on moisture content, ash content, protein content, fat content, carbohydrate content, energy value, Fe content, vitamin C content and color. However, it has no significant effect on aroma, texture and taste. From the results of calculating the best treatment level produced at P2

Keywords: Catfish, Tempeh, Moringa leaves, Chemical Quality, Nutritional Quality, Organoleptic Quality, Pregnant Women