

Analisis Kadar Lemak, Karbohidrat dan Protein pada Mie Mocaf

Eva Rofiah

201FF03072

Departemen Farmasi, Fakultas Farmasi,

Universitas Bhakti Kencana

ABSTRAK

Banyaknya produk mie berbahan dasar terigu yang memiliki nilai glikemik yang tinggi dan sangat banyak masyarakat meminatinya. Maka perlu dibuat produk mie yang memiliki nilai Glikemik cukup rendah. Tujuan penelitian ini untuk membuat produk mie yang sebagian besar berbahan dasar tepung mocaf dan melihat nilai gizi dari produk tersebut yang meliputi kadar Lemak, Karbohidrat dan Protein. Untuk mengetahui nilai gizi mie Mocaf dilakukan Analisis kadar Lemak dengan metode Soxhlet, Analisis Karbohidrat menggunakan metode luff schrool dan Analisis kadar Protein menggunakan metode Kjeldahl. Hasil uji menunjukkan bahwa formulasi MOCAF murni (F1) memiliki kadar gula pereduksi 44,97%, protein 0,87%, dan lemak 1,67%, sedangkan mie 100% terigu (F5) memiliki kadar gula pereduksi 47,42%, protein 2,50%, dan lemak 2,79%. Kesimpulannya Perbedaan ini menunjukkan bahwa penggunaan MOCAF menurunkan kadar gula pereduksi sehingga berpotensi menghasilkan indeks glikemik yang lebih rendah dan lebih aman bagi penderita diabetes melitus. Meskipun kadar protein pada F1 relatif rendah, MOCAF tetap direkomendasikan sebagai bahan baku mie sehat dengan optimasi penambahan sumber protein untuk meningkatkan nilai gizinya. Penelitian lebih lanjut diperlukan untuk mengoptimalkan tekstur dan daya simpan produk agar setara dengan mie konvensional di pasaran.

Kata kunci: Tepung Mocaf, kandungan protein, lemak dan karbohidrat

Analysis of Fat, Carbohydrate, and Protein Content in Mocaf Noodles

Eva Rofiah

201FF03072

**Department of Pharmacy, Faculty of Pharmacy,
Bhakti Kencana University**

ABSTRACT

Many wheat-based noodle products have high glycemic values and are very popular with the public. So it is necessary to make noodle products that have a fairly low glycemic value. The purpose of this study is to make noodle products that are mostly made from mocaf flour and see the nutritional value of the product which includes Fat, Carbohydrate and Protein content. To determine the nutritional value of Mocaf noodles, Fat content analysis was carried out using the Soxhlet method, Carbohydrate analysis using the luff schrool method and Protein content analysis using the Kjeldahl method. The test results showed that the pure MOCAF formulation (F1) had a reducing sugar content of 44.97%, protein 0.87%, and fat 1.67%, while 100% wheat noodles (F5) had a reducing sugar content of 47.42%, protein 2.50%, and fat 2.79%. In conclusion, this difference shows that the use of MOCAF reduces reducing sugar levels so that it has the potential to produce a lower glycemic index and is safer for people with diabetes mellitus. Despite the relatively low protein content in F1, MOCAF is still recommended as a healthy noodle ingredient, with the addition of additional protein sources to enhance its nutritional value. Further research is needed to optimize the product's texture and shelf life to match conventional noodles on the market.

Keywords: Mocaf flour, protein, fat, and carbohydrate content