INTISARI

Dani, N, S. 2025. *Protein Pada Mie Kering Olahan Dengan Sumbstitusi Tepung Mokaf Dan Tepung Daun Sawi Hijau (Brassica rapa* var. *chinensis)*. Program Studi D3 Analis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi

Mie merupakan salah satu produk olahan yang digemari masyarakat Indonesia, namun umumnya memiliki kandungan protein yang rendah. Upaya untuk mengurangi kecenderungan tepung terigu impot dengan memanfaatkan substitusi bahan baku dengan pangan lokal seperti tepung mokaf dan tepung daun sawi hijau. Penelitian ini bertujuan untuk mengetahui kadar protein dan tingkat penerimaan konsumen terhadap mie kering yang dibuat dengan substitusi tepung mokaf dan tepung daun sawi hijau.

Sempel mie kering (MK) terdiri dari tiga variasi komposisi bahan baku tepung terigu, tepung mokaf, dan tepung daun sawi hijau dengan kode: MK.1, MK.2, dan MK.3. Metode penelitian yang digunakan adalah eksperimen, dengan penentuan kadar protein menggunakan metode Kjeldahl serta uji organoleptis terhadap rasa, aroma, warna, dan tekstur oleh 20 panelis.

Hasil menunjukkan kadar protein tertinggi terdapat pada MK.2 sebesar 14,00%, diikuti MK.3 sebesar 11,87%, dan MK.1 sebesar 8,18%. Hasil uji organoleptis menunjukkan MK.1 paling disukai dari segi rasa, warna, dan aroma, sementara MK.2 unggul dalam tekstur. Seluruh sempel memenuhi Standar Nasional Indonesia (SNI) 8217:2015 untuk kadar protein dan kadar air mie kering. Penelitian ini menunjukkan bahwa substitusi tepung mokaf dan daun sawi hijau dapat meningkatkan kandungan protein mie kering serta berpotensi menjadi alternatif pangan fungsional.

Kata kunci: mie kering, tepung mokaf, tepung daun sawi hijau, protein.

ABSTRACT

Dani, N, S. 2025. *Protein in Dried Noodles Processed with Substitution of Mokaf Flour and Green Mustard Leaf Flour (Brassica rapa* var. *chinensis)*. D3 Health Analyst Study Program, Faculty of Health Sciences, Setia Budi University.

Noodles are one of the processed products favored by the Indonesian people, but they generally have a low protein content. Efforts have been made to reduce the tendency of wheat flour to be imported by utilizing substitutes for raw materials with local foods such as mokaf flour and green mustard leaf flour. This study aims to determine the protein content and consumer acceptance of dried noodles made with mokaf flour and green mustard leaf flour substitutes.

The samples dry noodles (MK) consisted of three variations in the composition of wheat flour, mocaf flour, and green cabbage leaf flour, coded as MK.1, MK.2, and MK.3. The research method used was an experiment, with protein content determined using the Kjeldahl method and organoleptic testing of taste, aroma, color, and texture by 20 panelists.

The results showed that the highest protein content was found in MK.2 at 14,00%, followed by MK.3 at 11,87%, and MK.1 at 8,18%. The organoleptic test results showed that MK.1 was the most preferred in terms of taste, color, and aroma, while MK.2 excelled in texture. All samples met the Indonesian National Standard (SNI) 8217:2015 for the highest protein and moisture content of dry noodles. This study demonstrates that the substitution of mokaf flour and green mustard leaves can increase the protein content of dry noodles and has the potential to become a functional food alternative.

Keywords: dry noodles, mocaf flour, green mustard leaf flour, protein.