# ABSTRAK

**Formulasi *Cookies* Rumput Laut (*Eucheuma cottonii*) Terhadap Pencegahan Stunting (Kajian Nutrisi dan Mutu Organoleptik).** Checilia Raudatus Zahrah, 720320047; 2024; 131 halaman; Program Studi Teknologi Hasil Pertanian Universitas Wiraraja.

Potensi rumput laut sangat melimpah, tetapi belum dimanfaatkan secara maksimal, salah satunya jenis *Eucheuma cottonii* yang saat ini dimanfaatkan sebagai rumput siap olah dan dijadikan sebagai kudapan masyarakat wilayah pesisir, pada penelitian dengan diversifikasi pemanfaatan rumput laut jenis *eucheuma cottonii* menjadi *cookies* yang memiliki manfaat dalam membantu pencegahan stunting. Tujuan penelitian ini untuk mengetahui perbedaan kandungan proksimat, vitamin A, serat dan organoleptik *cookies* dan untuk mengetahui formulasi terbaik *cookies* yang paling disukai panelis. Metode penelitian menggunakan Rancangan Acak Lengkap (RAL) non faktorial dengan 4 perlakuan yaitu formulasi tepung terigu dan tepung rumput laut secara berurutan yaitu P1 (65%:35%), P2 (60%:40%), P3 (55%:45%), dan P0 sebagai control. Analisa uji proksimat, vitamin A dan serat dianalisis menggunakan metode Analysis of Variance (ANOVA). Analisa uji organoleptik dianalisis menggunakan uji Kruskal Wallis. Hasil analisa kadar air P0 (4,41%), P1 (4,69%), P2 (4,28%), P3 (4,42%), kadar abu P0 (1,45%), P1 (2,79%), P2 (1,98%), P3 (2,56%), kadar protein P0 (8,58%), P1 (8,38%), P2 (8,23%), P3 (8,03%), kadar lemak P0 (11.17%), P1 (14,77%), P2 (14,77%), P3 (14,32%), karbohidrat P0 (74,39%), P1 (69,38%), P2 (70,74%), P3 (70,68%), vitamin A P0 (85,81µg/g), P1 (77,46µg/g), P2 (71,27µg/g), P3 (85,48µg/g), kadar serat P0 (2,53%), P1 (2,26%), P2 (2,66%), P3 (2,48%). Hasil uji organoleptik diperoleh panelis lebih menyukai *cookies*rumput laut P1 dengan penambahan tepung rumput laut sebesar 35%. *Cookies* dengan formulasi tepung rumput laut berpengaruh nyata terhadap kadar abu, protein, lemak, karbohidrat, vitamin A, serat dan organoleptik, namun tidak berpengaruh nyata terhadap kadar air.

**Kata kunci** : *stunting, Eucheuma cottonii, cookies*

## ABSTRACT

**Formulation of Seaweed Cookies (Eucheuma cottonii) for Stunting Prevention (Nutrition and Organoleptic Quality Study).** Checilia Raudatus Zahrah, 720320047; 2024; 131 pages; Wiraraja University Agricultural Product Technology Study Program.

The potential of seaweed is very abundant, but it has not been maximally utilized, one of which is the type of Eucheuma cottonii which is currently used as ready-to-process grass and is used as a snack for coastal communities, in research by diversifying the use of eucheuma cottonii seaweed into cookies that have benefits in helping prevent stunting. The purpose of this study was to determine differences in proximate content, vitamin A, fiber and organoleptic cookies and to determine the best formulation of cookies that are most preferred by panelists. The research method used a non-factorial Completely Randomized Design (CRD) with 4 treatments, namely the formulation of wheat flour and seaweed flour in sequence, namely P1 (65%: 35%), P2 (60%: 40%), P3 (55%: 45%), and P0 as control. Analysis of proximate test, vitamin A and fiber were analyzed using Analysis of Variance (ANOVA) method. Organoleptic test analysis was analyzed using Kruskal Wallis test. The results of the analysis of moisture content P0 (4,41%), P1 (4.69%), P2 (4.28%), P3 (4.42%), ash content P0 (1,45%), P1 (2.79%), P2 (1.98%), P3 (2.56%), protein content P0 (8,58%), P1 (8.38%), P2 (8.23%), P3 (8.03%), fat content P0 (11,17%), P1 (14.77%), P2 (14.77%), P3 (14.32%), carbohydrate P0 (74,39%), P1 (69.38%), P2 (70.74%), P3 (70.68%), vitamin A P0 (85.81%), P1 (77.46µg/g),P2 (71.27µg/g), P3 (85.48µg/g), fiber content P0 (2,53µg/g), P1 (2.26%), P2 (2.66%), P3 (2.48%). Organoleptic test results obtained panelists prefer P1 seaweed cookies with the addition of seaweed flour by 35%. Cookies with seaweed flour formulations have a significant effect on ash, protein, fat, carbohydrate, vitamin A, fiber and organoleptic, but have no significant effect on moisture content.



**Keywords**: stunting, Eucheuma cottonii, cookies