RINGKASAN

TEDI FATRIO Pengaruh Penambahan Ikan Tamban (*Sardinella Sp.*) Pada Pembuatan Mi kering Terhadap Nilai Gizi. Dibimbing oleh Sri Novalina dan Lily Viruly

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan ikan tamban (*Sardinella sp.*) dalam pembuatan mi kering terhadap nilai gizinya. Ikan tamban yang melimpah di wilayah Kepulauan Riau dan kaya akan protein dimanfaatkan untuk meningkatkan kualitas gizi mi kering. Penelitian ini menggunakan tiga formulasi dengan penambahan ikan tamban sebesar 5%, 10%, dan 15%. Produk mi kering kemudian dianalisis secara proksimat meliputi kadar air, abu, protein, lemak, dan karbohidrat, serta nilai Angka Kecukupan Gizi (AKG). Hasil penelitian menunjukkan bahwa formulasi terbaik terdapat pada penambahan ikan tamban sebesar 10% (F2), dengan kadar protein tertinggi sebesar 19,06%, lemak 5,50%, dan karbohidrat 63,35%. Penambahan ikan tamban terbukti meningkatkan kandungan protein dan lemak mi kering, serta memenuhi standar mutu berdasarkan SNI 8217:2015. Penelitian ini menunjukkan bahwa ikan tamban berpotensi menjadi bahan pangan fungsional untuk meningkatkan nilai gizi dan nilai ekonomi produk mi kering.

Kata Kunci: ikan tamban, mi kering, nilai gizi, protein, SNI 8217:2015

SUMMARY

TEDI FATRIO The Effect of Adding Tamban Fish (Sardinella sp.) to the Production of Dried Noodles on Their Nutritional Value. *Supervised by* Sri Novalina and Lily Viruly**.**

*This study aims to determine the effect of adding tamban fish (*Sardinella sp.*) to the production of dried noodles on their nutritional value. Tamban fish, which are widely available in the Riau Islands and have high protein content, are utilized to enhance the nutritional quality of dried noodles. The research used three formulations with tamban fish additions of 5%, 10%, and 15%. The noodles were analyzed for proximate content including moisture, ash, protein, fat, and carbohydrates, as well as their nutritional adequacy value (AKG). The results showed that the 10% tamban fish formulation (F2) was the best, with the highest protein content of 19.06%, fat 5.50%, and carbohydrate 63.35%. The addition of tamban fish significantly improved the protein and fat content of the noodles while remaining within the standards for dried noodles set by SNI 8217:2015. This research demonstrates the potential of tamban fish as a functional ingredient to improve the nutritional quality and economic value of dried noodle products.*

Keywords: *tamban fish, dried noodles, nutritional value, protein, SNI 8217:2015*