

Universitas Ngudi Waluyo
Fakultas Kesehatan
Program Studi Gizi
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Chomsah Tiyani
NIM. 060116A006

Analisis Kandungan Karbohidrat, Serat, dan Lemak *Cookies* Kacang Tolo (*Vigna unguiculata L. Walp*) dan *Cookies* Terigu
(xvi + 55 halaman + 8 tabel + 15 gambar + 7 lampiran)

ABSTRAK

Latar Belakang : Kacang tolo merupakan kacang-kacangan yang banyak dijumpai di Indonesia. Pemanfaatan kacang tolo masih belum maksimal, sehingga perlu ditingkatkan. Kacang tolo merupakan bahan pangan lokal yang dapat dijadikan alternatif bahan baku *cookies*. Selain memaksimalkan kacang tolo juga dapat mengurangi penggunaan tepung terigu.

Tujuan : Tujuan penelitian ini adalah mengetahui kandungan karbohidrat, serat, dan lemak *cookies* kacang tolo (*Vigna unguiculata L. Walp*) dan *cookies* terigu.

Metode : Penelitian ini merupakan *experiment design*. Analisis kandungan karbohidrat dengan metode anthrone, kandungan serat dengan metode refluks, dan kandungan lemak menggunakan metode Soxhlet. Analisis data menggunakan *Microsoft office excel* kemudian dideskripsikan.

Hasil : Kandungan zat gizi pada *cookies* kacang tolo meliputi kadar karbohidrat sebesar 49,63%, kadar serat 16,69%, dan kadar lemak 26,83%. Kandungan zat gizi pada *cookies* terigu meliputi kadar karbohidrat sebesar 61,59%, kadar serat 40,31%, dan kadar lemak 39,03%.

Simpulan : Kandungan karbohidrat, serat, dan lemak *cookies* kacang tolo lebih rendah dari *cookies* terigu.

Kata Kunci : Kacang Tolo, *Cookies*, Kandungan Zat Gizi

Kepustakaan : 48 pustaka

Ngudi Waluyo University
Faculty of Health Sciences
Nutrition Sciences Study Program
Thesis, December 2020
Chomsah Tiyani
NIM. 060116A006

Analysis of Carbohydrate, Fiber, and Fat Content Cowpea Cookies (*Vigna unguiculata L. Walp*) and Wheat Cookies

(xvi + 55 pages + 8 tables + 15 images + 7 attachments)

ABSTRACT

Background : Cowpea are nuts that are often found in Indonesia. Utilization of cowpea is still not optimal, so it needs to be improved. Cowpea are a local food ingredient that can be used as an alternative raw material cookies. Besides maximizing the cowpea, it can also reduce the use of wheat flour.

Purpose : The purpose of this study is to know the nutrient of cowpea cookies (*Vigna unguiculata L. Walp*) and wheat cookies.

Method : The design of this study was *experiment design*. Analysis of nutrient carbohydrate with anthrone, fiber with refluks, and fat with Soxhlet. The data were analyzed by using *Microsoft office excel* and presented in the form of a table.

Results : Nutrient of cowpea cookies is carbohydrate level 49,63%, fiber level 16,69%, and fat level 26,83%. Nutrient of standard cookies is carbohydrate level 61,59%, fiber level 40,31%, and fat level 39,03%.

Conclusion : Nutrient of carbohydrate, fiber, and fat cowpea cookies lower than standard cookies.

Keyword : Cowpea, *Cookies*, Nutrients

References : 48 libraries