

Universitas Ngudi Waluyo Fakultas Ilmu Kesehatan
Program Studi Gizi
Skripsi, September 2020
Emma Khoirun Nisa
06016A011

NILAI GIZI YOGURT PISANG TANDUK (*Musa Paradisiaca Fa. Corniculata*) DAN YOGURT KOMERSIAL

(xiv + 65 halaman + 8 tabel + 9 gambar + 7 lampiran)

ABSTRAK

Latar Belakang : Yogurt merupakan olahan fermentasi susu yang cukup populer di kalangan masyarakat dan dapat dimodifikasi dengan penambahan tepung pisang tanduk yang baik bagi kesehatan dan sebagai penambah kandungan gizi dan sebagai flavor alami pisang. Yogurt komersial rasa pisang sebagian besar berasal dari perisa sintetik, sehingga yogurt pisang tanduk dapat dijadikan alternatif minuman fungsional yang dapat dikonsumsi masyarakat.

Tujuan : Tujuan dari penelitian ini adalah untuk mengetahui gambaran kandungan energi, protein, lemak, karbohidrat, dan serat pada yogurt pisang tanduk (*Musa Paradisiaca fa. Corniculata*) dan yogurt komersial rasa pisang.

Metode Penelitian : Desain penelitian *experimental design*. 3 formulasi yang digunakan yogurt pisang tanduk dengan rasio air kelapa : tepung pisang tanduk (F1), 5%:10%, (F2), 7,5%:7,5%, dan (F3), 10%:5%. Analisis kandungan protein menggunakan metode Kjehdal, lemak dengan soxhlet, karbohidrat dengan antron, dan serat dengan refluks. Formulasi yang mendekati mutu SNI kemudian dibandingkan dengan kandungan gizi yogurt komersial rasa pisang yang didapatkan dari swalayan yang berada di Salatiga. Analisis data menggunakan *microsoft office excel* dan disajikan dalam bentuk tabel.

Hasil : Dari 3 formulasi, yogurt pisang tanduk F2 mengandung energi 79,43 kkal, protein 6,13 gram, lemak 3,31 gram, karbohidrat 6,28 gram dan serat 5,07 gram dengan mutu paling mendekati SNI yogurt. Kandungan gizi dari yogurt komersial per 100 ml, energi yaitu antara 36-85 kkal, protein 0,8-2,8 gram, lemak 0-1,75 gram, karbohidrat 7,2-17,6 gram, dan serat 0-4 gram.

Simpulan : Kandungan gizi yogurt pisang tanduk mengandung energi dan karbohidrat lebih rendah daripada yogurt komersial rasa pisang dan mengandung protein, lemak, dan serat lebih tinggi daripada yogurt komersial.

Kata Kunci : Yogurt, Pisang tanduk, Tepung pisang tanduk

Kepustakaan : 32 (2004-2018)

Ngudi Waluyo University Faculty of Health Sciences
Nutrition Study Program
Thesis, September 2020
Emma Khoirun Nisa
060116A011

THE NUTRITIONAL VALUE OF YOGURT TANDUK BANANA (*Musa Paradisiaca* Fa. *Corniculata*) AND COMMERCIAL YOGHURT

(xiv + 65 pages + 8 tables + 9 images + 7 attachments)

ABSTRACT

Background: Yogurt is a processed milk fermentation that is popular among society and can be modified by adding tanduk banana flour which is good for health and as an enhancer of nutritional content and a natural banana flavour. The commercial yogurt with banana-flavoured comes from synthetic flavours so that the yogurt Tanduk banana can be used as an alternative to functional drinks that can be consumed by the public.

Purpose: The purpose of this research was to find out an overview of the nutritional value of energy content, protein, fat, carbohydrate, and fibre of yogurt Tanduk banana (*Musa Paradisiaca* fa. *Corniculata*) and banana-flavoured commercial yogurts.

Research Methodology: The research design used an experimental design. Three formulations were used of yogurt Tanduk banana with a ratio of coconut water to banana flour: (F1), 5%: 10%, (F2), 7.5%: 7.5%, and (F3), 10%: 5%. Analysis of nutrients protein with Kjehdal method, fat with Soxhlet, carbohydrates with antron, and fibre with reflux. The formulation that builds SNI's quality is then compared with the nutritional content of banana-flavoured commercial yogurt. The varieties of banana-flavoured commercial yogurts are bought from some supermarkets around Salatiga. The data were analyzed by using Microsoft office excel and presented in the form of a table.

Results: From the three formulations, F2 of yogurt Tanduk banana consists of 79.43 kcal energy, 6.13 grams protein, 3.31 grams fat, 6.28 grams carbohydrates and 5.07 grams fibre and closest quality to SNI yogurt. The nutrient content of commercial yogurts per 100 ml is 36-85 kcal energy, 0.8-2.8 grams protein, 0-1.75 grams fat, 7.2-17.6 grams carbohydrate, and 0-4 grams fibre.

Conclusion: The nutrient content of yogurt Tanduk banana contains the appropriate energy and carbohydrates lower than commercial yogurt and higher protein, fat and fibre than commercial yogurt.

Keywords: Yogurt, Tanduk banana, Tanduk banana flour

Literature: 32 (2004-2018)