

Universitas Ngudi Waluyo
Program Studi Gizi, Fakultas Kesehatan
Skripsi, Februari 2021
Putri Dewi Nofembriyanti
060116A026

**ANALISIS KANDUNGAN GIZI (KARBOHIDRAT, SERAT, ENERGI) PIE
DAN MOCHI GEMBILI (*Dioscorea esculenta L.*)**
(103 halaman + 4 tabel + 15 gambar + 6 lampiran)

ABSTRAK

Latar Belakang: Gembili berpotensi untuk dikembangkan menjadi makanan selingan, namun pemanfaatannya belum optimal di masyarakat sehingga pengembangan produk pangan pie dan mochi gembili diharapkan dapat menjadi inovasi makanan selingan yang bergizi.

Tujuan: Menganalisis kandungan gizi (karbohidrat, serat, energi) pie dan mochi gembili (*Dioscorea esculenta L.*)

Metode: Penelitian ini menggunakan *Pre Experimental Design* dengan substitusi tepung gembili sebanyak tiga formulasi dan dilakukan uji hedonik kepada 25 panelis tidak terlatih. Hasil formula terbaik akan dianalisis kandungan gizi (karbohidrat, serat, energi) sebanyak tiga kali pengulangan.

Hasil: Tingkat kesukaan pie dan mochi gembili tertinggi pada formula 1. Kandungan gizi pie gembili tertinggi pada energi sebesar $432,87 \pm 11,09$ dan kandungan gizi terendah pada serat $34,37 \pm 13,35$ sedangkan kandungan gizi mochi gembili tertinggi pada energi sebesar $290,18 \pm 17,5$ dan kandungan gizi terendah pada serat $46,88 \pm 36,59$

Simpulan: Hasil skor tingkat kesukaan pie gembili formula 1 sebanyak 384, formula 2 sebanyak 323 dan formula 3 sebanyak 274 sedangkan mochi gembili formula 1 sebanyak 332, formula 2 sebanyak 297 dan formula 3 sebanyak 303. Kandungan gizi pie gembili berupa karbohidrat sebesar 74,19%, serat 34,37% dan energy 432,87 kkal, pada mocha gembili kandungan karbohidrat sebesar 64,88%, serat 46,35% dan energy 290,18 kkal.

Kata Kunci : Karbohidrat, serat, energi, pie, mochi

Kepustakaan : 52 pustaka

Ngudi Waluyo University
Nutrition Study Program, Faculty of Health
Final Assignment, February 2021
Putri Dewi Nofembriyanti
060116A026

THE ANALYSIS OF NUTRITION CONTENT (CARBOHYDRATE, FIBER ENERGY) PIE AND MOCHI GEMBILI (*Dioscorea esculenta L.*)
(103 pages + 4 tabels + 15 pictures + 6 attachment)

ABSTRACT

Background: Gembili has the potential to be developed into snack, however its utilization has not optimal in the community so that the development of food products pie and mochi gembili are expected to be nutrition snack innovation.

Purpose: To analyze the nutritional content (carbohydrate, fiber, energy) pie and mochi gembili (*Dioscorea esculenta L.*)

Method: The design of this study was *Pre Experimental Design* with three formulations of gembili flour substitution and hedonic tests on 25 untrained panellist. The results of the best formulation will be analyzed for nutritional content (carbohydrate, fiber, energy) three repetation.

Result: The level of preference for pie and mochi gembili is highest in formula 1. The highest nutritional content of pie gembili was at energy $432,87 \pm 11,09$ and the lowest nutrient content was fiber $34,37 \pm 13,35$ while the highest nutritional content of mochi gembili was at energy of $290,18 \pm 17,54$ and the lowest nutritional content was fiber $46,88 \pm 36,59$.

Conclusion: The results of the favorite level score for pie gembili formula 1 are 384, formula 2 is 323 and formula 3 is 274 while mochi gembili formula 1 is 332, formula 2 is 297 and formula 3 is 303. The nutritional content pie gembili of carbohydrates is 74,19%, 34.37% fiber and energy 432.87 kcal, the carbohydrate content of mochi gembili is 64.88%, 46.35% fiber and 290.18 kcal of energy.

Keywords :Carbohydrates, fiber, energy, pies, mochi

References : 52 libraries