

Universitas Ngudi Waluyo  
Program Studi S1 Gizi, Fakultas Kesehatan  
Skripsi, Agustus 2021  
Hafifah Rinda Mahesti  
060117A018

**NILAI GIZI OLAHAN BOLU KUKUS DAN *COOKIES* FORMULA MODISCO BERBAHAN TALAS (*Colocasia esculenta* L. Schott)**

(xiv + 55 halaman + 15 tabel + 11 gambar + 5 lampiran)

**ABSTRAK**

**Latar Belakang:** Bolu kukus dan *cookies* merupakan produk yang cukup populer di masyarakat dengan rasa yang khas, untuk menambah dan melengkapi nilai gizinya dimodifikasi dengan penambahan bahan dari formula Modisco dan pangan lokal terdiri dari susu *full cream*, gula pasir, margarin tepung talas. Oleh sebab itu, diciptakan inovasi baru berupa modifikasi olahan bolu kukus dan *cookies* dengan bahan dasar formula Modisco dan ditambah pangan lokal tepung talas.

**Tujuan:** Mengetahui nilai gizi olahan bolu kukus dan *cookies* formula Modisco berbahan talas.

**Metode:** Penelitian ini merupakan *eksperimental design*, dengan membuat olahan bolu kukus dan *cookies* formula Modisco yang dimodifikasi dengan pangan lokal tepung talas yang ditepungkan. Analisis nilai gizi meliputi analisis protein, lemak, karbohidrat, dan serat dengan metode AOAC (2005)

**Hasil:** Nilai gizi pada 100 gram bolu kukus formula Modisco talas meliputi protein 4,77 gram, lemak 0,64 gram, karbohidrat 86,62 gram dan serat 0,99 gram. Sedangkan nilai gizi dalam 100 gram *cookies* meliputi protein 3,97 gram, lemak 0,58 gram, karbohidrat 91,86 gram dan serat 0,87 gram.

**Simpulan:** Kandungan energi, karbohidrat, serat pada olahan *cookies* formula Modisco berbahan talas lebih tinggi dibandingkan bolu kukus formula Modisco berbahan talas.

**Kata Kunci:** Bolu kukus, *Cookies*, Modisco, Talas

**Kepustakaan:** 52 Pustaka

Ngudi Waluyo University  
S1 Nutrition Study Program, Faculty of Health  
Scientific Writing, August 2021  
Hafifah Rinda Mahesti  
060117A018

**NUTRITION VALUE OF STEMED CAKE AND COOKIES MODISCO  
FORMULA OF TARO (*Colocasia esculenta* L. Schott)**

(xiv + 55 pages + 15 tables + 11 pictures + 5 attachments)

**ABSTRACT**

**Background:** Steamed cake and cookies a product popular in the community with a distinctive taste, to complete its nutritional value can be modified by substitution ingredients from Modisco formula with contain of full cream milk, sugar, margarine and taro flour. Therefore, innovation was created in the form of modified steamed sponge and cookies with the basic ingredients of Modisco formula and added local food taro flour.

**Purpose:** To find nutritional value of processed steamed cake and cookies with Modisco formula made from taro.

**Method:** This research is experimental design. Making processed steamed cake and Modisco formula cookies that are modified with floured taro local food. Analysis of nutritional value includes of protein, fat, carbohydrates, and fiber using AOAC method (2005)

**Results:** The nutritional value of 100 grams steamed cake with Modisco taro formula includes 4,77 grams protein, 0,64 grams fat, 86,62 grams carbohydrates and 0,99 grams fiber. While the nutritional value in 100 grams cookies includes 3,97 grams protein, 0,58 grams fat, 91,86 grams carbohydrates and 0,87 grams fiber.

**Conclusion:** The content of energy, carbohydrate in the cookies formula Modisco taro is higher than steamed cake formula Modisco taro.

**Keywords:** Cookies, Steamed cake, Modisco, Taro

**Literature:** 52 Libraries