

**KANDUNGAN ZAT GIZI OLAHAN BOLU KUKUS DAN COOKIES**  
**FORMULA MODISCO (*Modified Dried Skimmed Milk And Coconut Oil*)**  
**BERBAHAN DASAR UBI UNGU (*Ipomoea Batatas L. Poir*)**

Nafisah, Sugeng Maryanto

Program Studi S1 Gizi Universitas Ngudi Waluyo

Email: [nafisahnaf706@gmail.com](mailto:nafisahnaf706@gmail.com)

**ABSTRAK**

Modisco (*Modified Dried Skimmed Milk and Coconut Oil*) adalah formula yang mengandung tinggi kalori, tinggi protein yang terbuat dari susu skim atau *full cream*, gula, dan minyak atau margarin. Modisco memiliki kandungan energi 130 kkal, protein 3 g dan lemak 7,5 g. Formulasi olahan bolu kukus dan *cookies* dari modisco ubi jalar ungu dilakukan untuk memanfaatkan dan mengembangkan potensi pangan lokal dengan masa simpan lebih lama. Mengetahui zat gizi olahan bolu kukus dan *cookies* formula modisco ubi jalar ungu. Jenis penelitian yang digunakan dalam penelitian ini adalah *Experimental In Vitro Design*. Kandungan energi olahan bolu kukus dan *cookies* modisco ubi jalar ungu 362,99 kkal dan *cookies* 391,48 kkal. Bolu Kukus modisco ubi ungu memiliki kandungan gizi karbohidrat 86,4 g, lemak 0,6 g, protein 2,8 g, serat 12,9 g, air 9,4%, dan kandungan gizi *cookies* modisco ubi jalar ungu, karbohidrat 91,97 g, lemak 0,99 g, protein 3,68 g, serat 1,37 g, air 2,44%. Bolu kukus memiliki kandungan lemak, protein, serat, dan air lebih tinggi dari *cookies*, dan kandungan karbohidrat lebih tinggi *cookies* dari bolu kukus.

**Kata Kunci** : Bolu Kukus, *Cookies*, Modisco, Tepung Ubi Ungu

**NUTRITIONAL CONTENT OF PROCESSED BOLU STEAM AND  
COOKIES FORMULA MODISCO (Modified Dried Skimmed Milk And  
Coconut Oil) BASED ON PURPLE SWEET (*Ipomoea Batatas* L. Poir)**

Nafisa, Sugeng Maryanto

Nutrition Study Program at Ngudi Waluyo University

E-mail: [nafisahnaf706@gmail.com](mailto:nafisahnaf706@gmail.com)

**ABSTRACT**

Modisco (Modified Dried Skimmed Milk and Coconut Oil) is a high-calorie, high-protein formula made from skimmed or full cream milk, sugar, and oil or margarine. Modisco has 130 kcal energy content, 3 g protein and 7.5 g fat. The formulation of processed steamed cake and cookies from the purple sweet potato fashionableco was carried out to utilize and develop the potential of local food with a longer shelf life. Knowing Nutrients of processed steamed sponge and cookies formula of purple sweet potato modusco. The type of research used in this research is Experimental In Vitro Design. The energy content of processed steamed cake and fashionable purple sweet potato cookies is 362.99 kcal and cookies 391.48 kcal. Modasco purple sweet potato cake has a nutritional content of 86.4 g carbohydrates, 0.6 g fat, 2.8 g protein, 12.9 g fiber, 9.4% water, and the nutritional content of purple sweet potato fashionable cookies, carbohydrates 91, 97 g, 0.99 g fat, 3.68 g protein, 1.37 g fiber, 2.44% water. Steamed cake has a higher fat, protein, fiber, and water content than cookies, and a higher carbohydrate content in cookies from steamed cake.

**Keywords:** Steamed Cake, Cookies, Modisco, Purple Sweet Potato Flour