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Kandungan Gizi Olahan Formula Modisco (*Modified Dried Skimmed Milk and Coconut Oil*) Berbahan Dasar Uwi (*Dioscorea alata* L.)

ABSTRAK

Modisco adalah formula dengan nilai gizi, kalori, protein yang tinggi terbuat dari susu skim atau *full cream*, gula, minyak atau margarin. Uwi putih memiliki sumber karbohidrat potensial, prospek uwi sebagai bahan diversifikasi pangan dapat dilakukan dengan cara meningkatkan olahan uwi menjadi produk setengah jadi yaitu tepung yang dapat digunakan menjadi bentuk olahan seperti bolu kukus dan *cookies*. Hasil penelitian diharapkan dapat mengembangkan produk turunan Modisco berbahan dasar uwi dengan masa simpan yang lebih, serta memberikan informasi mengenai pengaruh pengolahan terhadap nilai gizi. Pada penelitian ini menggunakan desain penelitian *Experimental In Vitro*. Pada penelitian ini didapatkan hasil dari uji laboratorium bahwa nilai gizi dalam 100 gram produk olahan bolu kukus Modisco uwi terdiri dari karbohidrat sebesar 86,142%, lemak sebesar 0,947%, protein sebesar 4,898%, serat sebesar 1,096% dan nilai gizi dalam 100 gram produk olahan *cookies* Modisco uwi terdiri dari karbohidrat sebesar 91,244%, lemak sebesar 0,860%, protein sebesar 4,186%, serat sebesar 0,982%. Perbedaan pengaruh pengolahan terhadap nilai gizi dalam produk olahan bolu kukus dan *cookies* Modisco uwi adalah saat proses pemanggangan *cookies* Modisco uwi menyebabkan gelatinisasi pati yang meningkatkan nilai cerna yang tidak ditemukan di proses pengukusan.

Kata Kunci: Modisco, Nilai Gizi, Uwi, Bolu Kukus, *Cookies*

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Nutritional Content of Modisco Formula (Modified Dried Skimmed Milk and Coconut Oil) Based on Water Yam (*Dioscorea alata* L.)

ABSTRACT

Modisco is a formula with high nutritional value, calories, protein made from skim milk or full cream, sugar, oil, or margarine. White yam has a potential source of carbohydrates, the prospect of yam as a food diversification ingredient can be done by increasing the processed yam into semi-finished products, namely flour that can be used in processed forms such as steamed cakes and cookies. The results of the research are expected to be able to develop Modisco derivative products made from yam with a longer shelf life, as well as provide information about the effect of processing on nutritional value. This study used an Experimental In Vitro. In this study, the results from laboratory tests showed that the nutritional value in 100 grams of Modisco yam steamed cake products consisted of carbohydrates by 86.142%, fat by 0.947%, protein by 4.898%, fiber by 1.096%, and nutritional value in 100 grams of products. Modisco yam cookies processed consist of carbohydrates by 91.244%, fat by 0.860%, protein by 4.186%, fiber by 0.982%. The difference in the effect of processing on the nutritional value of Modisco yam cakes and cookies is that during the baking process of Modisco yam cookies, it causes gelatinization of starch which increases the digestibility value which is not found in the steaming process.

Keywords: Modisco, Nutritional Value, Water yam, Steamed Sponge, Cookies