

Universitas Ngudi Waluyo  
Program Studi S1 Gizi, Fakultas Kesehatan  
Skripsi, Agustus 2022  
Endah Lestari Wahyu Setyaningrum  
060118A016

**TINGKAT KESUKAAN DAN ANALISIS KANDUNGAN GIZI *FLAKES*  
TEPUNG JAGUNG (*Zea mays ssp. mays*) DENGAN SUBSTITUSI TEPUNG  
UWI PUTIH (*Dioscorea alata L.*)**

**ABSTRAK**

**Latar Belakang :** Sereal salah satu alternative sarapan yang mudah disajikan. *Flakes* yang beredar di pasaran terbuat dari jagung yang dikenal dengan corn *flakes*. Dilakukan modifikasi corn *flakes* dengan substitusi tepung uwi putih sebagai pengganti tepung terigu. Tepung uwi putih memiliki kandungan pati yang tinggi yaitu 83,38%-86,68%. kadar serat tepung uwi 4,1% sedangkan, kadar serat tepung terigu 0,3 gram/100 gram. Tujuan penelitian ini untuk mengetahui tingkat kesukaan dan kandungan zat gizi *flakes* jagung dengan substitusi uwi putih.

**Metode :** Desain penelitian eksperimental dalam bidang food production. Uji tingkat kesukaan menggunakan panelis agak terlatih sebanyak 25 panelis. Ada 3 Formula yang digunakan yaitu formula 1 (70% : 30%), formula 2 (60% : 40%), formula 3 (50% : 50%). Analisis protein dengan *Semimicro Kjelhal*, lemak dengan *Hidrolisis Weibull*, karbohidrat dengan by difference dan Analisis statistik tingkat kesukaan menggunakan uji *Mann-Whitney*.

**Hasil :** Uji tingkat kesukaan menghasilkan formulasi yang paling disukai adalah formula 3. Dari 3 kali pengulangan uji kandungan gizi didapatkan rerata energy (404 kkal), protein (4,9 %), lemak (8 %), karbohidrat (78 %), serat (2,6%).

**Simpulan :** 2 takaran saji *Flakes* jagung dengan substitusi uwi putih ditambah susu dapat memenuhi kebutuhan gizi sarapan pagi.

**Kata Kunci :** *Flakes, Jagung, Uwi putih, Tingkat kesukaan, Kandungan Gizi*

Ngudi Waluyo University  
Undergraduate Nutrition Study Program, Faculty of Health  
Thesis, August 2022  
Endah Lestari Wahyu Setyaningrum  
060118A016

**PREFERENCE SCALE TEST AND NUTRITIONAL CONTENT  
ANALYSIS OF CORN FLAKES (*Zea mays ssp. mays*) WITH WHITE UWI  
FLOUR (*Dioscorea alata L.*) SUBSTITUTION**

**ABSTRACT**

**Background :** Cereal is one of the easy breakfast alternatives to serve. Flakes on the market made from corn are known as corn flakes. Modified corn flakes with white cassava flour as a substitute for wheat flour. White yam flour has a high starch content of 83.38%-86.68%. The fiber content of uwi flour is 4.1%, while the fiber content of wheat flour is 0.3 grams/100 grams. The purpose of this study was to determine the level of preference and nutritional content of corn flakes with white yam substitute.

**Methods:** Experimental research design in the field of food production. Test the level of preference using moderately trained panelists as many as 25 panelists. There are 3 formulas used, namely formula 1 (70% : 30%), formula 2 (60% : 40%), formula 3 (50% : 50%). Analysis of protein by Semimicro Kjeldhal, fat by Weibull hydrolysis, carbohydrates by difference and Statistical analysis of preference level using the Mann-Whitney test.

**Results:** The level of preference test resulted in the most preferred formulation being formula 3. From 3 repetitions of the nutritional content test, the average energy (404 kcal), protein (4.9 %), fat (8 %), carbohydrates (78 %), fiber (2.6%).

**Conclusion:** 2 servings of corn flakes with white yam substitute plus milk can meet the nutritional needs of breakfast.

**Keywords:** *Flakes, Corn, White Uwi, Preferred Level, Nutritional Content*