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**TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI *COOKIES*  
TINGGI PROTEIN BERBAHAN UMBI UWI (*Dioscorea alata L*)  
DAN KACANG MERAH (*Phaseolus vulgaris L*)**

**ABSTRAK**

**Latar belakang :** *Cookies* merupakan salah satu jenis kue kering, *cookies* terbuat dari adonan lunak, renyah jika dipatahkan penampangannya bertekstur kurang padat. Bahan utama pembuatan *cookies* tepung terigu, upaya pengembangan *cookies* sebatas penggunaan tepung pangan lokal untuk menurunkan penggunaan tepung terigu, inovasi *cookies* dari bahan pangan lokal seperti umbi-umbian dan sumber protein yang berasal dari protein nabati seperti kacang-kacangan.

**Tujuan :** Mendeskripsikan tingkat kesukaan dan mendeskripsikan kandungan zat gizi berupa energy, protein dan serat.

**Metode :** Penelitian ini menggunakan desain eksperimental dalam bidang produksi pangan. Formulasi yang digunakan yaitu formulasi I (15% : 65% : 20%) ,formulasi II (15% : 60% : 25%) dan formulasi III (15% : 70% : 15%) Uji Tingkat Kesukaan dilakukan kepada 30 orang panelis agak terlatih. Analisis kandungan gizi menggunakan standar SNI- 2973:2011. Metode analisis data menggunakan univariat dan bivariat.

**Hasil :** Terdapat 3 formulasi yaitu F1,F2, F3 berdasarkan rata-rata paling banyak penerimaan pada parameter warna, aroma, rasa, tekstur didapatkan hasil paling tinggi pada formulasi F1. Kandungan gizi F1 berdasarkan hasil rata-rata didapati hasil kadar protein 7,98%, lemak 1,72%, karbohidrat 79,57% dan serat 1.95%.

**Simpulan :** Formulasi 1 merupakan formulasi terbaik dengan nilai kandungan gizi memenuhi standar SNI per 100 gram kadar protein 7,98%, lemak 1,72%, karbohidrat 79,57% dan serat 1.95%.

**Kata Kunci :** Cookies, umbi uwi, kacang merah, uji organoleptik, kandungan gizi cookies umbi uwi dan kacang merah

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**LEVEL OF LIKING AND NUTRITIONAL CONTENT  
COOKIES HIGH PROTEIN MADE FROM UWI TUBERS  
(Dioscorea alata L) AND RED BEANS (Phaseolus vulgaris L)**

**ABSTRACT**

**Background:** Cookies are a type of cookie, cookies are made of soft, crispy dough and if broken the appearance looks less dense in texture. The main ingredient in making cookies is wheat flour So far made from local food to reduce the use of wheat flour, the innovation of cookies from local foodstuffs such as tubers and protein sources derived from vegetable proteins such as nuts.

**Purpose:** Describe the level of favorability and describe the content of nutrients in the form of protein, fat, carbohydrates and fiber.

**Methods:** This study uses experimental design in the field of food production. The formulations used were formulation I (15% : 65% : 20%) , formulation II (15% : 60% : 25%) and formulation III (15% : 70% : 15%) Favorability Level Test was carried out to 30 panelists rather trained. Nutritional content analysis using the SNI-2973:2011 standard. The data analysis method uses univariate and bivariate.

**Results:** There are 3 formulations, namely F1, F2, F3 based on the average of the most acceptance on the parameters of color, aroma, taste, texture, the highest results are obtained in the F1 formulation. The nutritional content of F1 based on the average yield was found to produce protein content of 7.98%, and fiber 1.95%.

**Conclusion:** Formulation 1 is the best formulation with a nutritional content value that meets SNI standards per 100 grams protein content of 7.98%, fat 1.72%, carbohydrates 79.57% and fiber 1.95%.

**Keywords :** Cookies, uwi tubers, red beans, organoleptic tests, nutritional content of uwi tuber cookies and red beans