LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF MOCAF FLOUR AND MUNG BEAN FLOUR (*Vigna Radiata*) COOKIES WITH THE ADDITION OF WADER FISH FLOUR "(*Labiobarbus fasciatus*)

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ABSTRACT

Background: Cookies are a type of biscuit made from soft dough, high fat content, relatively crunchy and a type of food that is liked by many people. To increase the nutritional value, mocaf flour cookies were made, and mung bean flour with the addition of wader fish flour (Cookies Cafhider). Mocaf flour has a higher iron value than wheat flour, which is 15.8 mg/100g. Meanwhile, green beans have a higher protein content than peanuts, which is 22.9g/100g. The use of wader fish was chosen to increase food production by processing wader fish, and to add to the nutritional value of cookies. **Objectives**: To determine the preference level of mocaf flour cookies, mung bean flour and the addition of wader fish flour and nutritional content of protein, calcium and iron. **Methods:** This study used the Research and Development (R&D) method. The level of preference was carried out by 30 semi-trained panelists. The formulations used were F1 50%:50%, F2 40%:60% and F3 30%;70%. Analysis of nutrient content refers to the cookies standard SNI-2973-2011 and the Nutrition Adequacy Rate. Methods of data analysis using univariate analysis and Kruskall Wallis. **Results**: The best formulation was obtained in the F3 formula based on the preference level test with aroma, color, taste and texture parameters. The nutritional content of 100g of the product was averaged, 12.53% protein, 4655mg calcium and 20.59mg iron.
Conclusion: The content of protein, calcium, and iron meet the needs as a snack with a serving size of 60 grams of cookies.
Keywords: *cookies cafhider, preference levels, nutrient content*

TINGKAT KESUKAAN DAN KANDUNGAN GIZI *COOKIES* TEPUNG MOCAF DAN TEPUNG KACANG HIJAU (*Vigna Radiata*) DENGAN PENAMBAHAN TEPUNG IKAN WADER (*Labiobarbus fasciatus*)

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ABSTRAK

Latar Belakang : *Cookies* merupakan salah satu jenis biskuit yang dibuat dari adonan lunak, berkadar lemak tinggi, relatif renyah dan jenis makanan yang banyak disukai masyarakat. Untuk meningkatkan nilai gizi maka dibuatlah *cookies* tepung mocaf, dan tepung kacang hijau dengan penambahan tepung ikan wader (*Cookies* Cafhider). Tepung mocaf memiliki nilai zat besi lebih tinggi dari pada tepung terigu yaitu sebesar 15,8mg/100g. Sedangkan kacang hijau memiliki kadar protein lebih besar dari kacang tanah yaitu sebesar 22,9g/100g. Penggunaan ikan wader dipilih untuk meningkatkan produksi pangan dengan olahan ikan wader, dan menambah nilai gizi *cookies*. **Tujuan :** Mengetahui tingkat kesukaan *cookies* tepung mocaf, tepung kacang hijau dan penambahan tepung ikan wader dan mendeskripsikan kandungan zat gizi protein, kalsium, dan zat besi. **Metode :** Penelitian ini menggunakan metode *Research and Development (R&D).* Tingkat kesukaan dilakan oleh 30 panelis agak terlatih. Formulasi yang digunakan yaitu F1 50%:50%, F2 40%:60% dan F3 30%;70%. Analisis kandungan zat gizi mengacu pada standar *cookies* SNI-2973-2011 dan Angka Kecukupan Gizi. Metode analisis data menggunakan analisis univariat dan *Kruskall Wallis*. **Hasil :** Formulasi terbaik diperoleh pada formula F3 berdasarkan uji tingkat kesukaan dengan parameter aroma, warna, rasa dan tekstur. Kandungan zat gizi 100g produk didapatkan rerata, protein 12,53%, kalsium 4655mg, dan zat besi 20,59mg. **Simpulan :** Kandungan gizi terbaik formulasi F3 (protein, kalsium, dan zat besi) memenuhi kebutuhan sebagai cemilan dengan takaran saji 60gram *cookies*.
Kata Kunci : *cookies cafhider, tingkat kesukaaan, kandungan zat gizi*