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TINGKAT KESUKAAN DAN KANDUNGAN GIZI *COOKIES* BERBAHAN REBUNG BAMBU BETUNG (*Dendrocalamus asper*) DENGAN PENAMBAHAN TEPUNG MOCAF (*Modified Cassava Flour*)

ABSTRAK

Latar belakang : Rebung memiliki potensi yang cukup besar namun pemanfaatannya belum optimal. Sebagai upaya peningkatan pemanfaatan konsumsi masyarakat terhadap rebung, maka perlu pengolahan yang tepat yaitu mengubah rebung menjadi tepung rebung serta menciptakan produk pangan yang digemari masyarakat seperti *cookies* yang mengandung serat tinggi.

Tujuan: Penelitian ini bertujuan untuk mengetahui tingkat kesukaan dan kandungan gizi *cookies* berbahan rebung bambu betung (*Dendrocalamus asper*) dengan penambahan tepung mocaf

Metode: Penelitian ini menggunakan desain penelitian eskperimental. Uji kesukaan menggunakan kuesioner dengan 30 subjek panelis tidak terlatih dengan membandingkan *cookies* berbahan rebung dengan penambahan tepung mocaf dengan perbandingan F1(100%), F2(75%:25%), F3(50%:50%), F4(25%:75%). Hasil uji tingkat kesukaan tertinggi dilakukan uji kandungan zat gizi energi dan serat. Analisis data menggunakan analisis univariat kemudian dideskripsikan

Hasil: Tingkat kesukaan tertinggi *cookies* F4 (25%:75) masuk dalam kategori cukup dengan kandungan energi sebesar 507,928 per 100 gram, sehingga 50 gram *cookies* dapat memenuhi kebutuhan energi sebesar 10,37% pada orang dewasa usia 19-29 tahun dan serat 9,08 per 10 gram, sehingga 50 gram *cookies* dapat memenuhi kebutuhan serat sebesar 13,16% pada orang dewasa usia 19-29 tahun.

Simpulan: Formulasi 4 merupakan formulasi tertinggi dengan kandungan energi 507,928 kkal dan kandungan serat 9,08% per 100 gram

Kata kunci : *Cookies*, rebung bambu betung, tepung rebung, tepung mocaf, tingkat kesukaan, kadar energi, kadar serat

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LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF COOKIES MADE FROM BAMBOO SHOOTS BETUNG BAMBOO SHOOTS (*Dendrocalamus asper*) WITH THE ADDITION OF MOCAF FLOUR (Modified Cassava Flour)

ABSTRACT

Background : Bamboo shoots have considerable potential but their utilization is not optimal. As an effort to increase the utilization of public consumption of bamboo shoots, it is necessary to process them properly, namely changing bamboo shoots into bamboo shoot flour and creating food products that are popular with the community, such as *cookies* which contains high fiber.

Objective : This study aims to determine the level of preference and nutritional content of cookies made from betung bamboo shoots (*Dendrocalamus asper*) with the addition of mocaf flour

Methods : This research uses an experimental research design. The liking test uses a questionnaire with 30 untrained panelist subjects by comparing *cookies* made from bamboo shoots with the addition of mocaf flour in the ratio F1(100%), F2(75%:25%), F3(50%:50%), F4(25%:75%). The test results for the highest level of liking were carried out by testing the nutritional content of energy and fiber. Data analysis using univariate analysis is then described

Results: The highest level of preference for F4 cookies (25%:75) is in the sufficient category with an energy content of 507.928 per 100 grams, so that 50 grams of cookies can meet the energy needs of 10.37% in adults aged 19-29 years and fiber 9.08 per 10 grams, so that 50 grams of cookies can meet 13.16% of the fiber needs of adults aged 19-29 years.

Conclusion : Formulation 4 is the highest formulation with an energy of 507,928 kcal and a fiber content of 9,08% per 100 grams

Keywords : *Cookies*, betung bamboo shoots, bamboo shoot flour, mocaf flour, preference level, energy level, fiber content