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TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI *COOKIES* MENGGUNAKAN SALAK PONDOH (*Salacca Zalacca Var Pondoh*)

ABSTRAK

Latar Belakang : Buah salak bersifat mudah rusak, umur simpan terbatas, sehingga diperlukan penggunaan teknologi yang tepat guna mengolah salak . Olahan salak diproses dengan menggunakan teknologi sederhana, dapat bertahan cukup lama adalah pembuatan tepung salak. Tepung salak diolah menjadi bahan baku pembuatan produk olahan menjadi *cookies*.

Tujuan : Penelitian ini adalah untuk mengetahui tingkat kesukaan dan kandungan zat gizi dalam olahan *cookies* tepung salak

Metode : Penelitian ini menggunakan *experimental design*. Sampel yang digunakan sebanyak 25 panelis tidak terlatih. Dilakukan dengan pembuatan 4 formulasi pada masing-masing produk dengan menggunakan tepung salak F1 (25% : 75%), F2 (50% : 50%), F3 (75% : 25%), F4 (100%) kemudian dilakukan uji kesukaan. Selanjutnya dilaksanakan uji kandungan zat gizi. Analisis kandungan kadar protein, abu, air, lemak, karbohidrat dan serat.

Hasil : Kandungan protein *cookies* salak pondoh yaitu 7.6%, Energi 469.615 Kkal, Abu 1.60%, kadar air 4.3%, kadar lemak 19.9%, karbohidrat 64.9%, kadar serat 2.8%. Hasil uji *cookies* berdasarkan tingkat kesukaan tertinggi adalah F2 dengan nilai rerata warna (78.4%) , aroma (75.3%), rasa (77.6%) , tekstur (74,4%) .

Simpulan : Formula *cookies* salak pondoh yang paling disukai adalah formula 2 dengan nilai rata-rata 76.4% dalam kategori “Cukup”.

Kata Kunci : *Cookies*, Salak Pondoh, Energi, Protein, Lemak, Karbohidrat, Serat

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LEVEL OF FAVORITE AND NUTRITIONAL CONTENT OF COOKIES USING SALAK PONDOH (Salacca Zalacca Var Pondoh)

ABSTRACT

Background: Salak fruit is perishable, has a limited shelf life, so it is necessary to use appropriate technology to process snake fruit. Salak processed using simple technology that can last quite a long time is making snake fruit flour. Salak flour is processed into raw materials for making processed products into cookies.

Objective : The aim of this research was to determine the level of preference and nutritional content in processed salak flour cookies.

Methods: This study used an *experimental design*. The samples used were 25 untrained panelists. It was carried out by making 4 formulations for each product using salak flour F1 (25%: 75%), F2 (50%: 50%), F3 (75%: 25%), F4 (100%) then a preference test was carried out . Furthermore, the nutritional content test was carried out. Analysis of the content of protein, ash, water, fat, carbohydrates and fiber.

Results: The protein content of Pondoh salak cookies is 7.6%, energy 469,615 Kcal, ash 1.60%, water content 4.3%, fat content 19.9%, carbohydrates 64.9%, fiber content 2.8%. The cookie test results based on the highest level of preference were F2 with average values for color (78.4%), aroma (75.3%), taste (77.6%), texture (74.4%).

Conclusion : The most popular salak pondoh cookie formula is formula 2 with an average score of 76.4% in the "Fair" category.

Keywords : *Cookies*, Salak Pondoh, Energy, Protein, Fat, Carbohydrates, Fiber