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TINGKAT KESUKAAN DAN KANDUNGAN GIZI BROWNIES TEPUNG GEMBILI (*Dioscorea esculenta L.*) DAN TEPUNG MOCAF (*Modified Cassava Flour*)

ABSTRAK

Latar Belakang : Pemanfaatan gembili dan tepung mocaf dapat meningkatkan diversifikasi pangan berbasis bahan pangan lokal yang dapat mengurangi penggunaan tepung terigu yang merupakan bahan dasar dalam pembuatan brownies.

Tujuan : Untuk mengetahui tingkat kesukaan dan kandungan gizi brownies tepung gembili (*Dioscorea esculenta L.*) dan tepung mocaf (*Modified Cassava Flour*).

Metode : Penelitian ini menggunakan desain eksperimental. Formulasi brownies terdiri dari 3 formula, yaitu perbandingan tepung gembili : tepung mocaf untuk formula 1 (70% : 30%), formula 2 (60% : 40%), dan formula 3 (50% : 50%). Selanjutnya dilakukan uji tingkat kesukaan kemudian hasil yang terbaik akan dilakukan uji kandungan gizi pada produk brownies.

Hasil : Hasil penelitian dari uji tingkat kesukaan brownies tepung gembili dan tepung mocaf dari tiga formulasi diperoleh hasil tertinggi yaitu formula 3. Pada formula 1 (67.1%), formula 2 (68.2%), dan formula 3 (71.5%). Kandungan gizi brownies formula 3 yaitu energi sebesar 430 kkal, protein 0.784%, lemak 19.48%, dan karbohidrat 64.02%.

Simpulan : Tingkat kesukaan brownies tepung gembili dan tepung mocaf yaitu formula 67.1%, formula 2 68.2%, dan formula 3 71.5%. Formula 3 merupakan formula brownies yang paling banyak disukai mengandung energi 430 kkal, protein 0.784%, lemak 19.48%, dan karbohidrat 64.02% dalam 100 gram.

Kata Kunci : Brownies, Tepung Gembili, Tepung Mocaf

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LEVEL OF LIKES AND NUTRITIONAL CONTENT OF BROWNIES WITH GEMBILI FLOUR (*Dioscorea esculenta L.*) AND MOCAF FLOUR (*Modified Cassava Flour*)

ABSTRACT

Background: The use of gembili and mocaf flour can increase food diversification based on local food ingredients which can reduce the use of wheat flour which is the basic ingredient in making brownies.

Objective: To determine the level of preference and nutritional content of gembili flour brownies (*Dioscorea esculenta L.*) and mocaf flour (*Modified Cassava Flour*).

Methods: This research used an experimental design. The brownie formulation consists of 3 formulas, namely the ratio of gembili flour: mocaf flour for formula 1 (70%: 30%), formula 2 (60%: 40%), and formula 3 (50%: 50%). Furthermore, the level of favorability test is carried out then the best results will be tested for nutritional content in brownie products.

Results: The results of the research from the gembili flour and mocaf flour brownie favorability test from three formulations obtained the highest results, namely formula 3. In formula 1 (67.1%), formula 2 (68.2%), and formula 3 (71.5%). The nutritional content of formula 3 brownies is energy of 430 kcal, protein 0.784%, fat 19.48%, moisture content 14.21%, ash content 1.503%, and carbohydrates 64.02%.

Conclusion: The level of preference for gembili flour brownies and mocaf flour is formula 67.1%, formula 2 68.2%, and formula 3 71.5%. Formula 3 is the most preferred brownie formula, containing 430 kcal of energy, 0.784% protein, 19.48% fat, and 64.02% carbohydrate in 100 grams.

Keywords: Brownies, Gembili Flour, Mocaf Flour