

Universitas Ngudi Waluyo
Program Studi S1 Gizi
Fakultas Kesehatan
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Oktavia Permatasari
061191023

TINGKAT KESUKAAN DAN KANDUNGAN ZAT GIZI COOKIES BERBAHAN TEPUNG UWI UNGU (*Dioscorea Alata L*) DENGAN PENAMBAHAN TEPUNG KEDELAI (*Glicyn Max L*).

ABSTRAK

Latar Belakang : *Cookies* adalah jenis biskuit yang terbuat dari adonan lunak, renyah dan bila dipatahkan tampak bertekstur kurang padat. Pengolahan Uwi ungu saat ini hanya sebatas direbus, dibakar, dipanggang atau dikukus, untuk itu perlu dilakukan inovasi untuk membuat uwi ungu lebih disukai. Kedelai merupakan sumber protein nabati yang relatif murah bila dibandingkan dengan sumber protein lainnya seperti daging, susu dan ikan. Alternatif pemilihan penggunaan bahan pangan lokal tepung uwi ungu dan tepung kedelai dalam pembuatan cookies karena dinilai harga relatif murah.

Tujuan : Menganalisis tingkat kesukaan dan menganalisis kandungan zat gizi *cookies* berbahan tepung uwi ungu (*Dioscorea alata L*) dengan penambahan tepung kedelai (*Glycine max L*.)

Metode : Desain penelitian ini menggunakan *Experimental Design* dengan perlakuan tepung uwi ungu dan tepung kedelai diantaranya F1 (80% : 20%), F2 (70% : 30%), dan F3 (60% : 40%). Kemudian diuji tingkat kesukaan oleh 25 panelis agak terlatih. Formula dengan skor tingkat kesukaan tertinggi dilakukan analisis kandungan serat dan protein.

Hasil : Hasil uji tingkat kesukaan F2 menunjukkan nilai rata-rata skor paling tertinggi sebesar 82,75 (81,26%). Berdasarkan hasil rata-rata kandungan gizi F2 didapati hasil kadar protein 8,007% dan kadar serat 5,255% per 100 gram.

Simpulan : Cookies tepung uwi dan kacang kedelai pada F2 mendapatkan skor tertinggi dan paling disukai panelis. Cookies tepung uwi ungu dengan tepung kacang kedelai mempunyai kandungan protein sebesar 8,007% dan kandungan serat 5,255%.

Kata Kunci : cookies, tingkat kesukaan , kandungan zat gizi, uwi ungu dan kacang kedelai

Ngudi Waluyo University
Study program S1 Nutrition
health faculty
Thesis, Januari 2024
Oktavia Permatasari
061191023

THE LEVEL OF PREFERENCE AND NUTRITIONAL CONTENT OF COOKIES MADE FROM PURPLE UWI FLOUR (*Dioscorea Alata L*) WITH THE ADDITION OF SOYBEAN FLOUR (*Glicyn Max L*).

ABSTRACT

Background : Cookies are a type of biscuit made from soft, crunchy dough and when broken the cross section appears to have a less dense texture. The current processing of purple uwi is only limited to boiling, burning, roasting or steaming, so it is necessary to make innovations to make purple uwi more favorable. Soybeans are a relatively cheap source of vegetable protein when compared to other protein sources such as meat, milk and fish. The alternative choice is to use local food ingredients such as purple yam flour and soybean flour in making cookies because the price is considered relatively cheap.

Objective : Analyze the level of likes and analyze the content Cookie nutrition made from purple yam flour (*Dioscorea alata L*) with the addition of soybean flour (*Glycine max L.*)

Method : This research design used an Experimental Design with treatments of purple yam flour and soybean flour including F1 (80% : 20%), F2 (70% : 30%), and F3 (60% : 40%). Then the level of liking was tested by 25 slightly trained panelists. The formula with the highest favorability score was analyzed for fiber and protein content.

Results : The results of the F2 liking level test show the highest average score of 82.75 (81.26%). Based on the results of the average nutritional content of F2, it was found that the protein content was 8.007% and the fiber content was 5.255% per 100 grams.

Conclusion: Uwi flour and soybean cookies in F2 got the highest score and were most liked by the panelists. Purple uwi flour cookies with soybean flour have a protein content of 8.007% and a fiber content of 5.255%.

Keywords : cookies, level of preference, nutritional content, purple yam and soybeans