

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
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Alfina Septiani
061201026

TINGKAT KESUKAAN DAN KANDUNGAN NILAI GIZI BISKUIT TEPUNG KENTANG HITAM (*Coleus tuberosus*)

ABSTRAK

Latar Belakang : Biskuit adalah produk bakeri kering dengan memanggang adonan yang terbuat dari tepung terigu. Kandungan gluten dan indeks glikemik yang tinggi pada tepung terigu dapat berdampak buruk pada kesehatan, sehingga kentang hitam sebagai pengganti tepung terigu dan upaya untuk diversifikasi pangan lokal.

Tujuan : Mendiskripsikan tingkat kesukaan dan kandungan nilai gizi biskuit tepung kentang hitam (*Coleus tuberosus*).

Metode : Penelitian eksperimental menggunakan 3 formulasi dengan perbandingan tepung kentang hitam : tepung daging ayam. F1 (80% : 20%), F2 (70% : 30%) dan F3 (60% : 40%). Uji tingkat kesukaan dilakukan oleh 30 panelis tidak terlatih menggunakan uji deskriptif. Analisis nilai gizi berupa energi dengan metode proksimat, protein dengan *kjedhal*, lemak dengan *soxhlet*, karbohidrat dengan metode *by difference*, kadar air dan kadar abu dengan gravimetri. Analisis nilai gizi dilakukan di Laboratorium Teknologi Pangan Unika

Hasil : Hasil tingkat kesukaan formula 1 (80% : 20%) sebesar 63,5%, formula 2 (70% : 30%) sebesar 64,8%, dan formula 3 (60% : 40%) sebesar 62,2%. Nilai gizi pada biskuit kentang hitam per 100 gram kandungan energi 429,94 gram, protein 14,36 gram, lemak 9,02 gram, karbohidrat 72,83 gram, kadar air 1,3% dan kadar abu 2,2%.

Simpulan : Formulasi paling tinggi adalah formula 2 (70% : 30%) sebesar 64,8%, dengan kategori kurang diterima oleh konsumen. Kandungan nilai gizi biskuit kentang hitam sudah memenuhi standar SNI 01-7111.2-2005 biskuit MPASI. Biskuit kentang hitam dapat digunakan untuk alternatif MPASI balita dengan klaim tinggi protein.

Kata Kunci : Biskuit, Nilai Gizi, Tepung Kentang Hitam, Tingkat Kesukaan

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THE LEVEL OF PREFERENCE AND NUTRITION VALUE OF BLACK POTATO (*Coleus tuberosus*) FLOUR BISCUIT

ABSTRAK

Background : Biscuits are dry bakery products by baking dough made from wheat flour. The high gluten content and glycemic index in wheat flour can have a negative impact on health, so black potatoes as a substitute for wheat flour and an effort to diversify local food.

Purpose : To describe the level of liking and nutritional value content of black potato flour biscuits (*Coleus tuberosus*).

Methods : Experimental research using 3 formulations with the ratio of black potato flour: chicken meat flour. F1 (80%: 20%), F2 (70%: 30%) and F3 (60%: 40%). The favorability test was conducted by 30 untrained panelists using descriptive test. Nutritional value analysis in the form of energy by proximate method, protein by kjedhal, fat by soxhlet, carbohydrate by difference method, moisture content and ash content by gravimetry. Nutritional value analysis was conducted at the Unika Food Technology Laboratory.

Results : The result of the level of favorability of formula 1 (80%: 20%) was 63.5%, formula 2 (70%: 30%) was 64.8%, and formula 3 (60%: 40%) was 62.2%. The nutritional value of black potato biscuits per 100 grams of energy content is 429.94 grams, protein 14.36 grams, fat 9.02 grams, carbohydrates 72.83 grams, water content 1.3% and ash content 2.2%,.

Conclusion : The highest formulation was formula 2 (70%: 30%) at 64.8%, with the category less accepted by consumers. The nutritional value content of black potato biscuits has met the standards of SNI 01-7111.2-2005 complementary food biscuits. Black potato biscuits can be used as an alternative complementary food for toddlers with high protein claims.

Keywords : Biscuits, Nutrition Value, Black Potato Flour, Level of Preference