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**PENGEMBANGAN *COOKIES* BEBAS GLUTEN BERBASIS TEPUNG MOCAF
DENGAN PENAMBAHAN SINGKONG (*Manihot esculenta*) DAN TEPUNG
KACANG TANAH (*Arachis hypogaea*)**

ABSTRAK

Latar Belakang: *Cookies* umumnya dibuat dari tepung terigu yang mengandung gluten sehingga diperlukan alternatif produk bebas gluten untuk individu yang sensitif terhadap gluten. Singkong dan tepung kacang tanah berpotensi dikembangkan menjadi *cookies* berbasis pangan lokal yang bergizi dan bebas gluten.

Tujuan: Penelitian ini bertujuan untuk mengetahui tingkat kesukaan panelis terhadap *cookies* berbahan dasar singkong dan tepung kacang tanah sebagai camilan bebas gluten serta mengetahui kandungan zat gizi makro meliputi energi, protein, lemak, karbohidrat pada formulasi terbaik.

Metode: Penelitian ini menggunakan desain eksperimen dengan tiga formulasi perbandingan singkong : tepung kacang tanah yaitu F1 = 75%:25%, F2 = 50%:50%, dan F3 = 25%:75%. Uji tingkat kesukaan dilakukan menggunakan metode uji hedonik terhadap 25 panelis agak terlatih. Data tingkat kesukaan dianalisis secara deskriptif. Analisis kandungan gizi makro dilakukan melalui uji proksimat.

Hasil: Berdasarkan hasil analisis deskriptif tingkat kesukaan pada F1, F2 dan F3 berturut-turut yaitu F1 = 87,4%, F2 = 69,6%, F3 = 66,4%. Kandungan gizi *cookies* pada F1 per 100 gram yaitu energi 547,35 kkal, protein 14,68 gram, lemak 34,67 gram, karbohidrat 38,51 gram dan per 30 gram yaitu energi 164,36 kkal, protein 4,4 gram, lemak 10,41 gram, karbohidrat 11,56 gram.

Simpulan: Formulasi terbaik *cookies* berbahan dasar singkong dan tepung kacang tanah yaitu F1. Kandungan gizi *cookies* dapat memenuhi 7,8% kebutuhan energi, 6,7% kebutuhan protein, 14,8% kebutuhan lemak, dan 3,8% kebutuhan karbohidrat harian orang dewasa serta menjadi camilan alternatif bagi individu yang menjalani diet bebas gluten.

Kata Kunci: Singkong, Tepung Kacang Tanah, Kukis, Tingkat Kesukaan, Kandungan Gizi

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***DEVELOPMENT OF GLUTEN-FREE COOKIES USING MOCAF FLOUR WITH THE
ADDITION OF CASSAVA (*Manihot esculenta*) AND PEANUT FLOUR (*Arachis
hypogaea*)***

ABSTRACT

Background: Cookies are generally made from wheat flour, which contains gluten, so gluten-free alternatives are needed for individuals with gluten sensitivities. Cassava and peanut flour have the potential to be developed into nutritious, gluten-free, locally sourced cookies.

Objective: This study aims to determine the level of panelists' preference for cookies made from cassava and peanut flour as gluten-free snacks and to determine the macronutrient content including energy, protein, fat, and carbohydrates in the best formulation.

Methods: This study used an experimental design with three formulations of cassava: peanut flour ratios: F1 = 75%:25%, F2 = 50%:50%, and F3 = 25%:75%. Preference levels were assessed using a hedonic test method on 25 semi-trained panelists. Preference levels were analyzed descriptively. Macronutrient content analysis was conducted using a proximate test.

Results: Based on the results of descriptive analysis of the level of preference in F1, F2 and F3, respectively, namely F1 = 87.4%, F2 = 69.6%, F3 = 66.4%. The nutritional content of cookies in F1 per 100 grams is energy 547.35 kcal, protein 14.68 grams, fat 34.67 grams, carbohydrates 38.51 grams and per 30 grams is energy 164.36 kcal, protein 4.4 grams, fat 10.41 grams, carbohydrates 11.56 grams

Conclusion: The best cookie formulation made from cassava and peanut flour is F1. The cookies' nutritional content can meet 7.8% of an adult's daily energy needs, 6.7% of their protein needs, 14.8% of their fat needs, and 3.8% of their carbohydrate needs, making them a great snack alternative for those on a gluten-free diet.

Keywords: Cassava, Peanut Flour, Cookies, Preference Level, Nutrient Content