

ABSTRAK

KARAKTERISTIK SENSORI *COOKIES* BERSUBSTITUSI TEPUNG PISANG KEPOK DAN DISUPLEMENTASI TEPUNG CANGKANG TELUR AYAM UNTUK WANITA USIA SUBUR (WUS)

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Latar Belakang : Penelitian ini bertujuan untuk menganalisa karakteristik sensori *cookies* bersubstitusi tepung pisang kepok dan disuplementasi tepung cangkang telur ayam dan memprediksi nilai gizi yang dihasilkan *cookies* terbaik.

Metode : Penelitian experimental faktorial dengan metode Rancangan Acak Kelompok (RAK). Faktor tersebut terdiri dari 2 faktor, yaitu: prosentase suplementasi tepung cangkang telur terhadap total tepung 3%(C1);6%(C2);9%(C3), dan proporsi terigu:tepung pisang kepok 70%:30%(P1); 50%:50%(P2); 30%:70%(P3). Terdapat 9 perlakuan dengan 3 kali pengulangan sehingga diperoleh 27 percobaan. Analisis karakteristik sensori menggunakan uji *Fredman* dilanjutkan uji banding ganda 5%. Analisa formula terbaik menggunakan uji indeks efektifitas. Uji panelis menggunakan panelis tidak terlatih 110 orang ditambahkan 10% panelis cadangan. Prediksi nilai gizi menggunakan metode perhitungan dengan aplikasi *Nutrisurvey* yang disesuaikan dengan Kemenkes (2018).

Hasil Penelitian : Formula terbaik adalah C3P2 mengandung 459 kkal/bb; serat 1,3%/bb; kalsium 1,5%/bb, serta memenuhi 105,6% kebutuhan kalsium WUS dan mencukupi kalsium *Estimated Average Requirement* (EAR) ibu hamil.

Kesimpulan : Perbedaan proporsi perlakuan mempengaruhi karakteristik sensori *cookies*. Formulasi terbaik adalah C3P2; memenuhi 105,6% kebutuhan kalsium WUS dan mencukupi *Estimated Average Requirement* (EAR) ibu hamil.

Kata Kunci : Cangkang telur, Pisang kepok, karakteristik sensori, kalsium, Wanita Usia Subur (WUS)

ABSTRACT

SENSORY CHARACTERISTIC OF COOKIES SUBSTITUTED BY KEPOK BANANA FLOUR AND SUPPLEMENTED BY CHICKEN EGGSHELL POWDER FOR FERTILE WOMEN

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Background: *The aim of this research is to analysis sensory characteristic of cookies substituted by kepok banana flour and supplemented by chicken eggshell powder and predict the nutrition value of the best treatment cookies.*

Method: *This factorial experimental research uses Group Design Randomized (RAK) method. There were 2 factors, namely: the percentage of eggshell powder supplementation 3%(C1);6%(C2);9%(C3) of total flour and the proportion of wheat flour:kepok banana flour 70%:30%(P1); 50%:50%(P2); 30%:70%(P3). There were 9 treatments repeated 3 times so that get 27 total combinations. Characteristic sensory analysis used Friedman test and then continued with double compared test 5%. The best treatment was analyzed by using the Effectiveness Index. Human preferences test used 110 untrained consumers plus 10% for back up. The prediction of nutrition value used Nutrisurvey application which is suited by Kemenkes (2018).*

Results: *The best treatment was C3P2 which is contained 459 kcal/bb; fiber 1,3%/bb; calsium 1,5%/bb and it filled amount 105,6% calcium necessary for fertile women and fulfill pregnancy calcium Estimated Average Requirement (EAR).*

Conclusion: *The treatments combinations affected on cookies sensory characteristics. The best treatment was C3P2; it filled amount 105,6% calcium necessary for fertile women and fulfill pregnancy calcium Estimated Average Requirement (EAR).*

Key words : *eggshell, kepok banana, sensory characteristics, calcium, fertile women.*