

Abstrak

FORMULA *SNACK BAR* SUBSTITUSI TEPUNG JANTUNG PISANG DAN AMPAS TAHU SEBAGAI ALTERNATIF *SNACK* SEHAT BERBASIS PANGAN LOKAL UNTUK ANAK SEKOLAH DASAR USIA 7 – 9 TAHUN

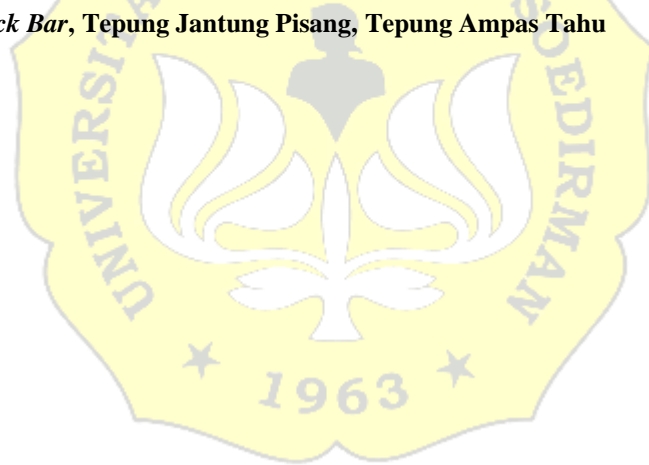
Latar Belakang: *Snack bar* merupakan alternatif selingan sehat pemenuh kebutuhan gizi anak usia sekolah dasar. Bahan pangan lokal yang berpotensi sebagai bahan utama *snack bar* adalah tepung jantung pisang dan tepung ampas tahu. Bahan tersebut mengandung serat kasar yang tinggi. Penelitian ini bertujuan mengetahui formula terbaik *snack bar* berdasarkan karakteristik sensori dan kandungan serat kasar.

Metodologi: Studi eksperimental RAL dengan proporsi tepung jantung pisang : tepung ampas tahu : tepung terigu F1 (10%:40%:50%); F2 (20%:30%:50%); F3 (30%:20%:50%); F4 (40%:10%:50%). Analisis pengaruh proporsi *snack bar* terhadap karakteristik sensori menggunakan Uji Friedman (p value <0,01), dilanjutkan DMRT (p value <0,05). Pengaruh proporsi *snack bar* terhadap kandungan serat kasar dianalisis menggunakan Uji ANOVA, dilanjutkan DMRT (p value <0,05). Formula terbaik ditentukan berdasarkan Indeks Efektivitas De Garmo

Hasil Penelitian: Proporsi *snack bar* berpengaruh nyata terhadap mutu hedonik warna, tekstur, rasa, dan hedonik warna, tekstur, tampilan keseluruhan. Namun, tidak berpengaruh nyata terhadap mutu hedonik dan hedonik aroma serta hedonik rasa. Proporsi *snack bar* tidak berpengaruh nyata terhadap kadar serat kasar (p value >0,05). Serat kasar tertinggi, yaitu F3 (30%:20%:50%) dengan kadar 45,64%.

Kesimpulan: Formula terbaik F4 (40%:10%:50%) dengan kadar air 14,09%, abu 3,96%, protein 9,67%, lemak 13,33%, karbohidrat 58,96%, energi 426,35 kkal, dan serat kasar 45,39%.

Kata Kunci: *Snack Bar*, Tepung Jantung Pisang, Tepung Ampas Tahu



Abstract

BANANA BLOSSOMS FLOUR AND TOFU DREGS SUBSTITUTION SNACK BAR FORMULA AS AN ALTERNATIVE HEALTHY SNACK BASED ON LOCAL FOOD FOR ELEMENTARY SCHOOL CHILDREN AGED 7-9 YEARS

Background: Snack bars are a healthy alternative to fulfil the nutritional needs of primary school children. Local food ingredients that have potential as the main ingredients of snack bars are banana blossoms flour and tofu dregs flour. These ingredients contain high crude fibre. This study aims to determine the best snack bar formula based on sensory characteristics and crude fibre content.

Methods: RAL experimental study with the proportion of banana blossoms flour: tofu dregs flour: wheat flour F1 (10%:40%:50%); F2 (20%:30%:50%); F3 (30%:20%:50%); F4 (40%:10%:50%). Analysis of the effect of snack bar proportion on sensory characteristics using Friedman Test (p value <0.01), followed by DMRT (p value <0.05). The effect of snack bar proportion on crude fibre content was analysed using ANOVA test, followed by DMRT (p value <0.05). The best formula was determined based on the De Garmo Effectiveness Index.

Research results: Proportion of snack bar significantly influenced the hedonic quality of colour, texture, taste, and hedonic of colour, texture, overall appearance. However, it did not significantly affect the hedonic quality and hedonic aroma and hedonic taste. Proportion of snack bar did not significantly affect crude fibre content (p value >0.05). The highest crude fibre was F3 (30%:20%:50%) with 45.64%.

Conclusion: The best formula was F4 (40%:10%:50%) with 14.09% moisture, 3.96% ash, 9.67% protein, 13.33% fat, 58.96% carbohydrate, 426.35 kcal energy, and 45.39% crude fibre.

Keywords: Snack Bar, Banana Blossoms Flour, Tofu Dregs Flour

