

KARAKTERISASI FISIKOKIMIA DAN ORGANOLEPTIK BISKUIT TEPUNG UBI JALAR UNGU (*Ipomoea batatas* L.) DAN TEPUNG KACANG MERAH (*Phaseolus angularis*)

INTISARI

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Biskuit modifikasi menggunakan bahan baku tepung ubi jalar ungu bertujuan untuk dijadikan makanan penanganan bagi penderita *stunting*. Penambahan tepung kacang merah (*Phaseolus angularis*) dilakukan untuk meningkatkan kandungan nilai gizi pada biskuit. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh rasio tepung ubi jalar ungu dan tepung kacang merah yang berbeda terhadap karakteristik fisik, kimia, organoleptis biskuit, serta manfaatnya sebagai penanganan untuk memenuhi kebutuhan gizi pada penderita *stunting*. Biskuit diformulasikan dengan substitusi tepung kacang merah dan tepung ubi jalar ungu dengan metode *trial and error*. Uji organoleptik biskuit terhadap 4 formulasi biskuit (P1, P2, P3, dan P4) dilakukan dengan menggunakan uji hedonik. Formula terpilih ditentukan berdasarkan preferensi 68 panelis tidak terlatih. Berdasarkan hasil penelitian diketahui bahwa biskuit P2 dengan kandungan tepung kacang merah 50 % dan tepung ubi jalar ungu 50 % merupakan formula terbaik dan memiliki kadar air 4,58 %db, abu 2,74 %db, lemak 30,33 %db, protein 6,78 %db, karbohidrat by difference 60,15 %db, total energi 540,72 kkal/100g; nilai fisik: warna L* 31,47, a* 14,13, b* 13,52, tekstur kekerasan 11,73 N; Uji organoleptik terhadap kesukaan secara keseluruhan 4,97 (agak suka). Biskuit mengandung protein sebesar 4 gram/takaran saji, dimana formulanya mampu memenuhi 20% kebutuhan protein anak per hari dari 17 keping biskuit atau setara dengan 58,91 gram biskuit.

Kata kunci: Biskuit, gizi, kacang merah, ubi jalar ungu.

PHYSICOCHEMICAL AND ORGANOLEPTIC CHARACTERIZATION OF PURPLE SWEET POTATO (*Ipomoea batatas* L.) FLOUR AND RED BEAN (*Phaseolus angularis*) FLOUR BISCUITS

ABSTRACT

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Modified biscuits using purple sweet potato flour as raw material are intended to be used as a food for stunting sufferers. The addition of red bean flour (*Phaseolus angularis*) was carried out to increase the nutritional value of the biscuits. The purpose of this study was to determine the effect of different ratios of purple sweet potato flour and red bean flour on the physical, chemical, organoleptic characteristics of biscuits, and their benefits as a treatment to meet nutritional needs in stunting sufferers. Biscuits are formulated by substituting red bean flour and purple sweet potato flour using a trial and error method. Organoleptic tests on 4 biscuit formulations (P1, P2, P3, and P4) was carried out using the hedonic test. The selected formula was determined based on the preferences of 68 untrained panelists. Based on the results of the study it was found that P2 biscuits containing 50% red bean flour and 50% purple sweet potato flour were the best formulas and had a moisture content of 4.58% db, ash 2.74% db, fat 30.33% db, protein 6.78 %db, carbohydrates by difference 60.15 %db, total energy 540.72 kcal/100g; physical values: color L* 31.47, a* 14.13, b* 13.52, texture hardness 11.73 N; The overall value of organoleptic test 4.97 (somewhat like). Biscuits contain 4 grams of protein/serving, where the formula is able to meet 20% of a child's protein needs per day from 17 pieces of biscuits or the equivalent of 58.91 grams of biscuits.

Keywords : Biscuits, nutrition, purple sweet potatoes, red beans, stunting.