

## ABSTRAK

### **KARAKTERISTIK FISIK DAN SENSORIS *FLAKES* BIJI-BIJIAN LOKAL DENGAN PENAMBAHAN TEPUNG AMPAS KACANG KENARI (*Canarium indicum* L.)**

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*Flakes* merupakan salah satu jenis makanan yang dapat dikonsumsi saat sarapan untuk memenuhi kebutuhan nutrisi harian. Pembuatan *flakes* berbahan dasar tepung jagung, tepung pisang, tepung kacang merah, tepung kacang hijau, dan tepung beras merah dengan penambahan tepung ampas kacang kenari diharapkan mampu meningkatkan kandungan nutrisi *flakes* dan merupakan salah satu cara untuk mengurangi ketergantungan gandum serta pencemaran lingkungan. Tujuan penelitian ini adalah untuk mengetahui kemungkinan penggunaan tepung ampas kacang kenari dan pengaruhnya terhadap karakteristik fisik dan sensoris *flakes*. Penelitian ini menggunakan Rancangan Acak Lengkap dengan empat perlakuan yaitu penambahan 0%, 10%, 20%, dan 30% tepung ampas kacang kenari. Sampel kemudian dianalisis sifat fisiknya berupa tekstur, warna, dan daya serap air. Setelah itu, dilakukan uji sensoris pada atribut warna, tekstur, aroma, rasa, dan keseluruhan untuk mendapatkan formulasi terbaik yang akan diuji kandungan gizinya.

Hasil penelitian menunjukkan penambahan tepung ampas kacang kenari pada *flakes* berpengaruh terhadap sifat fisik dan sensoris *flakes*. Semakin tinggi penambahan tepung ampas kacang kenari, maka nilai  $L^*$  (kecerahan),  $a^*$  (*yellowness*), dan daya serap air *flakes* akan semakin menurun, sedangkan nilai  $b^*$  (*redness*) dan kekerasannya semakin meningkat. Penerimaan sensoris tertinggi terdapat pada penambahan tepung ampas kacang kenari 10%. Formulasi ini memiliki kadar air 3,64%; kadar abu 3,35%; protein 8,39%; lemak 14,75%; karbohidrat 69,88%; dan serat pangan 8,21%.

**Kata Kunci:** *Flakes, tepung jagung, tepung pisang, tepung kacang merah, tepung kacang hijau, tepung beras merah, tepung ampas kacang kenari*

## ABSTRACT

### **PHYSICAL AND SENSORY CHARACTERISTICS OF LOCAL GRAIN FLAKES WITH THE ADDITION OF CANARY NUT DREG FLOUR (*Canarium indicum* L.)**

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Flakes are one of the types of food that can be consumed for breakfast to meet daily nutritional needs. The production of flakes, made from corn flour, banana flour, red bean flour, mung bean flour, and red rice flour with the addition of canary dregs flour, is conducted to enhance the nutritional content of the flakes. This method also serves as a way to reduce dependence on imported wheat and environmental pollution. The objective of this research is to determine the potential use of canary dregs flour and its effects on the physical and sensory characteristics of flakes. The method used was Randomized Complete Design with four treatments: the addition of 0%, 10%, 20%, and 30% canary dregs flour. The physical properties were then analyzed in the form of texture, color, and water absorption. A sensory test was conducted to analyze the panelists' acceptance of color, texture, aroma, taste, and overall attributes of flakes to get the best formulation, which will be tested for its nutritional contents.

The physical test results showed that as the percentage of canary dregs flour increases, the values of  $L^*$ ,  $a^*$ , and water absorption of flakes decrease, while the values of  $b^*$  and hardness increase. The highest sensory acceptance is found in the addition of 10% canary dregs flour. This formulation has a water content of 3,64%; ash content of 3,35%; protein content of 8,39%; fat content of 14,75%; carbohydrate content of 69,88%; and dietary fiber content of 8,21%.

***Keywords: Flakes, corn flour, banana flour, red bean flour, mung bean flour, red rice flour, canary dregs flour.***