

UJI DAYA TERIMA DAN ANALISIS PROKSIMAT *EMERGENCY BAR* BERBAHAN DASAR TEPUNG AMPAS SARI TEMPE, TEPUNG UBI JALAR ORANYE, DAN TEPUNG JAGUNG

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ABSTRAK

Latar belakang: Pangan darurat yang umumnya didistribusikan saat bencana masih berupa produk siap saji yang memerlukan proses pemasakan dan umumnya belum mampu memenuhi kebutuhan gizi harian, sehingga berisiko menimbulkan permasalahan kesehatan, seperti kekurangan gizi dan gangguan pencernaan. Pangan darurat siap santap seperti *soy-based bar* berbahan dasar pangan lokal yang padat gizi dan energi berpotensi menjadi solusi sekaligus mendukung kemandirian pangan. Tempe, ubi jalar oranye, dan jagung merupakan komoditas lokal bergizi tinggi yang potensial untuk pengembangan pangan darurat.

Tujuan: Mengetahui karakteristik sensoris serta kandungan gizi *soy-based bar* dengan perbandingan komposisi tepung ampas tempe, tepung ubi jalar oranye, tepung jagung, dan tepung terigu yang berbeda.

Metode: Penelitian menggunakan metode eksperimental rancangan acak lengkap. Terdapat tiga formulasi *soy-based bar* dengan persentase bahan dasar tepung yang berbeda. Uji organoleptik dilakukan oleh 6 panelis ahli untuk menentukan dua formula terbaik, dilanjutkan dengan uji daya terima kepada 81 panelis konsumen. Atribut sensoris yang dinilai yaitu warna, aroma, tekstur, rasa, dan penerimaan keseluruhan produk. Analisis proksimat dilakukan untuk mengukur kadar abu, air, protein, lemak, karbohidrat, serat pangan, dan energi.

Hasil penelitian: Formula 7 merupakan formula yang memiliki tren penerimaan lebih besar dari atribut aroma, rasa, tekstur, dan penerimaan keseluruhan dengan nilai 4,40 atau agak suka pada 6 skala hedonik. Analisis proksimat menunjukkan Formula 5 memiliki energi, lemak, protein, dan serat tertinggi dengan karbohidrat terendah. Formula 7 memiliki kadar air, abu, dan karbohidrat tertinggi tetapi kadar protein, lemak, dan serat terendah. Tidak terdapat perbedaan signifikan pada kandungan abu dari ketiga formulasi.

Kesimpulan: Formulasi *soy-based bar* tidak berpengaruh terhadap atribut sensoris produk tetapi memengaruhi daya terima produk dan kandungan gizi (kadar air, protein, lemak, karbohidrat, serat pangan, dan energi).

Kata kunci: pangan darurat; *food bar* berbasis kedelai; sifat organoleptik; daya terima; analisis proksimat

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SENSORY ACCEPTANCE AND PROXIMATE ANALYSIS OF EMERGENCY BAR MADE FROM TEMPEH RESIDUE FLOUR, ORANGE-FLESHED SWEET POTATO FLOUR, AND CORN FLOUR

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ABSTRACT

Background: Emergency food products distributed during disasters are often ready-to-eat products that still require cooking and generally fail to meet daily nutritional needs, leading to health problems such as nutrient deficiencies and digestive disorders. Developing nutrient- and energy-dense soy-based bars using local ingredients may serve as a practical solution while promoting food self-sufficiency. Tempeh, orange-fleshed sweet potato, and corn are nutrient-rich local commodities with potential for emergency food development.

Objective: This study aimed to evaluate the sensory characteristics and nutritional composition of soy-based bars formulated with different proportions of tempeh residue flour, orange-fleshed sweet potato flour, corn flour, and wheat flour.

Methods: A completely randomized design with three formulations was applied. Sensory evaluation was first conducted by six trained panelists to select the two best formulations, followed by consumer acceptance testing with 81 panelists. Sensory attributes assessed included color, aroma, texture, taste, and overall acceptance. Proximate analysis (ash, moisture, protein, fat, carbohydrates, dietary fiber, and energy) was also performed.

Results: Formula 7 showed a higher trend of acceptance in terms of aroma, taste, texture, and overall preference, with an average score of 4.40, corresponding to "slightly like" on a 6-point hedonic scale. Proximate analysis revealed that Formula 5 had the highest energy, fat, protein, and fiber contents, with the lowest carbohydrate level. In contrast, Formula 7 contained the highest levels of moisture, ash, and carbohydrates but the lowest levels of protein, fat, and fiber. No significant differences were observed in the ash content among the three formulations.

Conclusion: Soy-based bar formulations influenced consumer acceptance and nutritional composition, although sensory attributes were not significantly affected

Keywords: emergency food product; soy-based bar; sensory properties; consumer acceptance; proximate analysis

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