

**PENGARUH PENAMBAHAN TEPUNG KACANG MERAH
(*Phaseolus vulgaris* L.) DAN PERBEDAAN SUHU PEMANGGANGAN
TERHADAP KARAKTERISTIK FISIK, SENSORIS, DAN KIMIA
FLAKES UBI JALAR UNGU (*Ipomoea batatas* L.)**

Abstrak

Oleh:

FADILLAH QUR'ANI

09/281533/TP/09399

Flakes dikenal masyarakat sebagai makanan yang biasa dikonsumsi pada saat sarapan dan disajikan dengan penambahan susu cair. Pembuatan flakes dari ubi jalar ungu dapat meningkatkan diversifikasi olahan pangan lokal dan mengurangi ketergantungan terhadap impor terigu. Tujuan penelitian ini adalah untuk mengetahui karakteristik flakes ubi jalar ungu dengan penambahan tepung kacang merah serta untuk mengetahui pengaruh perbedaan suhu pemanggangan terhadap karakteristik flakes ubi jalar ungu yang dihasilkan. Penelitian ini menggunakan rancangan acak lengkap dengan variabel perbedaan rasio penambahan tepung kacang merah, yaitu penambahan 0, 5, 10, 15 dan 20% tepung kacang merah dari total tepung dan perbedaan suhu pemanggangan, yaitu 100°C dan 115°C.

Hasil penelitian menunjukkan rasio tepung ubi jalar ungu:tapioka:kacang merah 45:40:15 pemanggangan 100°C yang terbaik dengan karakteristik kadar air, abu, protein, lemak, dan karbohidrat (*bdf*) berturut-turut sebesar 8,20% bb; 3,80; 5,10; 4,12 dan 86,98% bk. Takaran saji flakes ubi jalar ungu tanpa susu UHT sebanyak 98 g memenuhi kebutuhan protein sebesar 8,33% AKG per hari. Sedangkan takaran saji dengan penambahan susu UHT 200 ml sebanyak 66 g flakes ubi jalar ungu memenuhi kebutuhan protein 16,61% AKG per hari. Penambahan tepung kacang merah dan suhu pemanggangan 115°C dapat meningkatkan kekerasan flakes dan meningkatkan penyerapan cairan media saji oleh flakes.

Kata kunci : ubi jalar ungu, kacang merah, flakes, pemanggangan

THE EFFECTS OF ADDITION OF RED BEANS FLOUR (*Phaseolus vulgaris* L.) AND THE DIFFERENCE OF ROASTING TEMPERATURE ON PHYSICAL, SENSORY, AND CHEMICALS CHARACTERISTICS OF PURPLE SWEET POTATO FLAKES (*Ipomoea batatas* L.)

Abstract

By:

FADILLAH QUR'ANI

09/281533/TP/09399

Flakes is known to the public as a food commonly consumed in breakfast and served with the addition of liquid milk. The making of purple sweet potato flakes can increase the diversity of local food processing and reduce dependence on imported wheat. The purpose of this study was to determine the characteristics of purple sweet potato flakes with the addition of red bean flour and to know the effect of the different of roasting temperatures the characteristics of the purple sweet potato flakes produced. This research uses randomized complete design with the ratio of differences of addition rate of red bean flour, which was the addition of 0, 5, 10, 15 dan 20% of red bean flour from the total flour and with roasting temperature differences, namely 100° C and 115°C.

Results showed the ratio of purple sweet potato flour: tapioca: red beans 45:40:15 roasting temperature 100° C was the best with the characteristics of moisture, ash, protein, fat, and carbohydrates (bdf) respectively amounted to 8,20% bb; 3.80; 5.10; 4.12 and 86.98% bk. The serving of purple sweet potato flakes without UHT milk amounted to 98 g fulfilled the protein needs of 8.33% RDA per day. While the serving with the addition of 200 ml UHT milk amounted to 66 g flakes of purple sweet potato fulfilled the protein needs of 16.61% RDA per day. The addition of flour red beans and roasting temperature of 115° C can increase the hardness of flakes and improve the absorption of liquid media serving by flakes.

Keywords: purple sweet potato, red beans, flakes, roasting.