

ABSTRACT

COMPARATIVE EFFECTS OF BRAN FLOUR AND KEPOK BANANA FLOUR ON THE HARDNESS AND SENSORY PROPERTIES OF SNACK BAR

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Rice bran is a by-product of rice milling which has a fiber content of 25.3%. Banana flour kepok has a sensory value of aroma and sweet taste that is able to improve the sensory value of bran snack bar. This study aims to determine the effect of the proportion of rice bran flour and banana kepok flour on the physical, sensory and chemical characteristics of the snack bar. In this study, the proportion of rice bran flour and banana kepok flour was used with 6 treatment levels (100%: 0%, 90%: 10%, 80%: 20%, 70%: 30%, 60%: 40%, 50%: 50%). This study was arranged non-factorial in a Completely Randomized Block DeSignn (RAKL) with 4 replications. The data obtained were tested for similarity of variance with the Barlett test and additional data were tested by Tuckey. The data were then analyzed by means of variance and further tested with the Honest Signnificant Difference (BNJ) test at the 5% level. In this study, a snack bar with a comparative of 50% bran flour and 50% banana kepok flour was the best treatment which had a hardness value of 682.31 gf, an aroma score of 3.72 (like), a color score of 3.34 (somewhat like), texture score 3.20 (slightly like), taste score 3.51 (like), overall acceptance score 3.50 (like), moisture content 20.57%, ash content 2.95%, protein content 5.47%, content fat 10.03%, crude fiber content 1.00%, carbohydrate content 60.98% and total calories 356.07 kcal.

Keywords: banana kepok flour, bran flour, fiber, snack bar

ABSTRAK

PENGARUH PERBANDINGAN TEPUNG BEKATUL DAN TEPUNG PISANG KEPOK TERHADAP KEKERASAN DAN SIFAT SENSORI SNACK BAR

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Bekatul merupakan produk hasil samping penggilingan padi yang memiliki kandungan serat 25,3%. Tepung pisang kepok memiliki nilai sensori aroma dan rasa manis yang mampu memperbaiki nilai sensori snack bar bekatul. Penelitian ini bertujuan untuk mengetahui pengaruh perbandingan tepung bekatul dan tepung pisang kepok terhadap karakteristik sifat fisik, sensori dan kimia snack bar. Pada penelitian ini digunakan perbandingan tepung bekatul dan tepung pisang kepok dengan 6 taraf perlakuan (100% : 0%, 90% : 10%, 80% : 20%, 70% : 30%, 60% : 40%, 50% : 50%). Penelitian ini disusun secara non-faktorial dalam Rancangan Acak Kelompok Lengkap (RAKL) dengan 4 kali ulangan. Data yang diperoleh diuji kesamaan ragamnya dengan uji Barlett dan kementambahan data diuji Tuckey. Data kemudian dianalisis dengan sidik ragam dan diuji lanjut dengan uji Beda Nyata Jujur (BNJ) pada taraf 5%. Pada penelitian ini, snack bar dengan perbandingan tepung bekatul 50% dan tepung pisang kepok 50% merupakan perlakuan terbaik yang memiliki nilai hardness 682,31 gf, skor aroma 3,72 (suka), skor warna 3,34 (agak suka), skor kekerasan 3,20 (agak suka), skor rasa 3,51 (suka), skor penerimaan keseluruhan 3,50 (suka), kadar air 20,57%, kadar abu 2,95%, kadar protein 5,47%, kadar lemak 10,03%, kadar serat kasar 1,00%, kadar karbohidrat 60,98% dan total kalori 356,07 kkal.

Kata kunci : serat, snack bar, tepung bekatul, tepung pisang kepok