

ABSTRACT

SNACK BAR FROM TOFU DREG FLOUR AND PURPLE SWEET POTATO FLOUR (*Ipomoea batatas*) AS AN ALTERNATIVE SNACK WITH LOW GLYCEMIC INDEX

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Snack bar is one of the food products that is considered quite modern, practical, delicious, has high fiber and protein content. Tofu dregs have a protein content of 26.6g (db) and purple sweet potatoes also have good nutritional content in the form of carbohydrates, fiber, protein, iron, anthocyanin antioxidants that provide unique colors. This study aims to obtain the formulation of tofu dregs flour and purple sweet potato flour in making snack bars with the best chemical and sensory properties. The comparison between tofu dregs flour and purple sweet potato flour is 35%: 65% (P1), 40%: 60% (P2), 45%: 55% (P3), 50%: 50% (P4), 55%: 45% (P5), 60%: 40% (P6). The snack bar was analyzed for water content and ash content, and sensory parameters were observed in the form of texture, color, aftertaste, and aroma. Data were analyzed by ANOVA and with a further test of HSD 5%. The best snack bar treatment was continued with analysis of protein, fat, carbohydrate and crude fiber content. The results showed that the best formulation was in treatment P3 with 45% tofu dregs flour and 55% purple sweet potato flour. This treatment produced a water content of 4.87%, ash content of 1.45%, fat content of 17.27%, carbohydrate content of 64.19%, protein content of 12.22% and crude fiber content of 3.47% with sensory criteria of texture score 3.95 (crispy), color score 3.17 (purple), aftertaste score 3.39 (slightly bitter), and aroma score 3.11 (slightly typical of tofu dregs).

Keywords: snack bar, sensory properties, chemical properties, tofu dregs flour, purple sweet potato flour.

ABSTRAK

SNACK BAR TEPUNG AMPAS TAHU DAN TEPUNG UBI JALAR UNGU (*Ipomoea batatas*) SEBAGAI ALTERNATIF MAKANAN SELINGAN DENGAN INDEKS GLIKEMIK RENDAH

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Snack bar merupakan salah satu produk makanan yang dinilai cukup modern, praktis, lezat, memiliki kandungan serat dan protein tinggi. Ampas tahu memiliki kandungan protein 26,6g (bk) dan ubi jalar ungu juga memiliki kandungan gizi baik berupa karbohidrat, serat, protein, zat besi, antioksidan antosianin yang memberikan warna unik. Penelitian ini bertujuan mendapatkan formulasi tepung ampas tahu dan tepung ubi jalar ungu dalam pembuatan *snack bar* dengan sifat kimia dan sensori terbaik. Perbandingan antara tepung ampas tahu dan tepung ubi jalar ungu yaitu 35%:65% (P1), 40%:60% (P2), 45%:55% (P3), 50%:50% (P4), 55%:45% (P5), 60%:40% (P6). *Snack bar* dianalisis kadar air dan kadar abu, dan diamati parameter sensori berupa tekstur, warna, *aftertaste*, dan aroma. Data dianalisis dengan ANOVA dan dengan uji lanjut BNJ 5%. Perlakuan terbaik *snack bar* dilanjutkan dengan analisis kadar protein, lemak, karbohidrat dan kadar serat kasar. Hasil penelitian menunjukkan formulasi terbaik ada pada perlakuan P3 dengan formulasi tepung ampas tahu 45% dan tepung ubi jalar ungu 55%. Perlakuan ini menghasilkan kadar air 4,87%, kadar abu 1,45%, kadar lemak 17,27%, kadar karbohidrat 64,19%, kadar protein 12,22% dan kadar serat kasar 3,47% serta dengan kriteria sensori skor tekstur 3,95 (renyah), skor warna 3,17 (ungu), skor *aftertaste* 3,39 (agak pahit), dan skor aroma 3,11 (agak khas ampas tahu).

Kata kunci: snack bar, sifat sensori, sifat kimia, tepung ampas tahu, tepung ubi jalar ungu.