

**PENGARUH PENAMBAHAN KULIT BUAH NAGA (*Hylocereus
Polyrhizus*) TERHADAP SIFAT ORGANOLEPTIK,
KANDUNGAN MAKRONUTRIENT, DAN SERAT PANGAN
PADA *MUFFIN* TEPUNG KELAPA (*Cocos Nucifera*)**

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Abstrak

Kelapa dan kulit buah naga merupakan salah satu bahan pangan yang memiliki kandungan serat cukup. Tepung kelapa dan kulit buah naga salah satu pemanfaatan alternatif yang dapat dilakukan untuk membuat variasi olahan pangan tinggi kandungan gizi. Kandungan serat pangan memiliki peranan penting dalam mencegah terjadinya obesitas. Penelitian ini bertujuan untuk menganalisis sifat organoleptik, kandungan makronutrient, dan kandungan serat pangan pada formula terpilih *muffin* tepung kelapa dengan penambahan kulit buah naga. Penelitian ini merupakan penelitian eksperimental dengan Rancangan Acak Lengkap (RAL). Terdapat 2 kali pengulangan dalam 4 formula yaitu 1 formula kontrol (F0) dan 3 formula penambahan kulit buah naga pada F1 (20%), F2 (30%), dan F3 (40%). Analisis data menggunakan Uji Kruskal Wallis dan One-Way Anova. Formula terbaik yaitu formula F3 dengan penambahan kulit buah naga sebanyak 40%. Berdasarkan hasil uji serat pangan sebesar 9.81%, kadar air 51.67%, kadar abu 1.19%, kadar protein 6.27%, kadar lemak 14.67%, dan kadar karbohidrat 26.18%. Hasil uji Kruskal Wallis menyatakan adanya perbedaan nilai organoleptik pada karakteristik tekstur ($P=0,005$). Analisis One-Way Anova menyatakan ada perbedaan pada kandungan serat pangan ($P=0.007$). Penambahan kulit buah naga pada *muffin* tepung kelapa berpengaruh terhadap kandungan serat pangan, dan karakteristik tekstur.

Kata kunci : *Muffin*; Kelapa; Kulit buah naga; Makronutrient; Serat Pangan; Organoleptik

**THE EFFECT OF DRAGON FRUIT SKIN (*Hylocereus
Polyrhizus*) ADDITION ON SENSORY ACCEPTANCE,
MACRONUTRIENT CONTENT, AND FIBER CONTENT IN
COCONUT FLOUR (*Cocos Nucifera*) MUFFINS**

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Abstract

Coconut and dragon fruit skin are food ingredients that have sufficient fiber content. Coconut flour and dragon fruit skin are alternative uses that can be made to make a variety of processed foods that are high in nutritional content. The content of dietary fiber has an important role in preventing obesity. This study aims to analyze the organoleptic properties, macronutrient content and dietary fiber content in the selected formula of coconut flour muffins with the addition of dragon fruit skin. This research is an experimental study with a Completely Randomized Design. There are 2 repetitions in 4 formulas, namely 1 control formula (F0) and 3 formulas for adding dragon fruit skin to F1 (20%), F2 (30%), and F3 (40%). Data was analyzed by the Kruskal Wallis test and One-Way Anova. The best formula is the F3 formula with the addition of dragon fruit peel by 40%. Based on the test results of food fiber of 9.81%, 51.67% moisture content, 1.19% ash content, 6.27% protein content, 14.67% fat content, and 26.18% carbohydrate content. The results of the Kruskal Wallis test indicated that there were differences in organoleptic values on texture characteristics ($P = 0.005$). One-Way Anova analysis states there is differences in dietary fiber content ($P = 0.007$). The addition of dragon fruit skin to coconut flour muffins affects the content of dietary fiber and texture characteristics.

Key words: Muffins; Coconut; Dragon fruit skin; Macronutrient; Food Fiber; Organoleptic.