

PENGARUH SUBSTITUSI TEPUNG TAPIOKA DENGAN TEPUNG KULIT PISANG KEPOK TERHADAP KANDUNGAN GIZI, SERAT PANGAN DAN DAYA TERIMA BAKSO DAGING

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Abstrak

Risiko obesitas dapat meningkat dengan adanya peningkatan konsumsi gula dan lemak serta kurangnya konsumsi serat. Kulit pisang merupakan salah satu hasil samping pangan yang dapat dimanfaatkan karena mengandung tinggi serat. Tujuan dari penelitian ini untuk menganalisis pengaruh substitusi tepung tapioka dengan tepung kulit pisang kepok terhadap kandungan gizi, serat pangan dan daya terima bakso daging. Penelitian ini adalah eksperimental dengan desain penelitian Rancangan Acak Lengkap (RAL) satu faktor dengan dua kali pengulangan. Faktor tersebut adalah formula bakso daging yang dibedakan menjadi 4 formula dengan masing-masing tingkat persentase penambahan tepung kulit pisang kepok, yaitu F0 0%, F1 10%, F2 15%, dan F3 20%. Analisis kandungan gizi, serat pangan dan organoleptik masing-masing diuji menggunakan uji ANOVA dan Kruskal Wallis. Jika terdapat perbedaan yang nyata maka dilakukan uji lanjutan. Hasil analisis menunjukkan bahwa tingkat penambahan tepung kulit pisang kepok berpengaruh nyata ($p < 0,05$) terhadap kadar serat dan berpengaruh nyata ($p = 0,00$) terhadap tingkat kesukaan panelis pada parameter warna, aroma, tekstur dan rasa bakso daging tepung kulit pisang kepok. Formula terpilih adalah bakso daging F3 dengan penambahan tepung kulit pisang kepok 20% yang memiliki kadar air sebesar 67,63%, kadar abu 1,53%, kadar protein 11,04%, kadar lemak 5,55%, kadar karbohidrat 14,29% dan kadar serat pangan 44,71%.

Kata Kunci: Bakso Daging, Serat Pangan, Tepung Kulit Pisang Kepok

EFFECT OF TAPIOCA FLOUR SUBSTITUTION WITH KEPOK BANANA PEEL FLOUR ON NUTRITIONAL CONTENT, DIETARY FIBER AND ACCEPTABILITY OF MEATBALLS

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Abstract

The risk of obesity can be increased by an increase in sugar and fat consumption and a lack of fiber consumption. Banana peel is one of the by-products of food that can be used because it contains high fiber. The purpose of this study was to analyze the effect of substitution of tapioca flour with kepok banana peel flour on nutritional content, dietary fiber and acceptability of meatballs. This research is an experimental research design with one factor Completely Randomized Design (CRD) with two repetitions. The factor is the meatball formula which is divided into 4 formulas with each percentage level of addition of kepok banana peel flour, namely F0 0%, F1 10%, F2 15%, and F3 20%. Analysis of nutritional content, dietary fiber and organoleptic was tested using ANOVA and Kruskal Wallis tests, respectively. If there is a significant difference, further tests are carried out. The results of the analysis showed that the level of addition of kepok banana peel flour had a significant effect ($p < 0.05$) on the fiber content and significantly ($p = 0.00$) on the panelists' preference level on the parameters of color, aroma, texture and taste of meatballs with banana peel flour. The chosen formula is meatball F3 with the addition of 20% kepok banana peel flour which has a water content of 67.63%, ash content of 1.53%, protein content of 11.04%, fat content of 5.55%, carbohydrate content of 14.29 % and food fiber content of 44.71%.

Keywords: Meatballs, Food Fiber, Kepok Banana Skin Flour