ANALISIS KANDUNGAN GIZI DAN SIFAT ORGANOLEPTIK BISKUIT DARI TEPUNG BIJI MAHONI (SWIETENIA MAHAGONI L)

Azzahra Bonita Nugroho

Abstrak

Biji mahoni (*Swietenia mahagoni L*) berpotensi dimanfaatkan dan dikembangan sebagai pangan fungsional karena kandungan senyawa bioaktif yang dimilikinya yaitu flavonoid, saponin, serta mineral. Meski pahit, biji mahoni banyak dimanfaatkan secara tradisional dalam pengobatan. Penelitian ini bertujuan untuk mengidentifikasi karakteristik kimia dan organoleptik biskuit berbasis tepung biji mahoni, serta menentukan formulasi terbaik. Analisis kimia menggunakan uji ANOVA, dan analisis organoleptik dengan uji *Kruskal-Wallis*. Hasil analisis memperlihatkan bahwa penambahan tepung biji mahoni tidak berpengaruh pada kadar air (p=0,740), abu (p=0,301), protein (p=0,129), lemak (p=0,132), karbohidrat (p=0,064), serat kasar (p=0,233), zat besi (p=0,000), warna (p=0,139), tekstur (p=0,312), aroma (p=0,131), dan rasa (p=0,058). Formulasi terpilih ialah F2 dengan kandungan gizi per 100 gram, yakni energi 536,86 kkal, lemak 30,34 g, protein 5,98 g, karbohidrat 59,97 g, serat kasar 1,24 g, dan zat besi <0,02 mg.

Kata Kunci : Biji Mahoni, Biskuit, Pangan Fungsional, Zat Besi

ANALYSIS OF NUTRITIONAL CONTENT AND ORGANOLEPTIC PROPERTIES OF BISCUITS MADE FROM MAHOGANY SEED FLOUR (SWIETENIA MAHAGONI L)

Azzahra Bonita Nugroho

Abstract

Mahogany seeds (Swietenia mahagoni L) have the potential to be utilized and developed as functional food due to their bioactive compounds such as flavonoids, saponins, and minerals. Despite their bitterness, mahogany seeds have long been used traditionally for medicinal purposes. This study aimed to identify the chemical and organoleptic characteristics of biscuits made with mahogany seed flour, as well as to determine the best formulation. Chemical analysis was conducted using ANOVA, and organoleptic analysis was carried out using the Kruskal-Wallis test. The results showed that the addition of mahogany seed flour had no significant effect on moisture ($p=0.740$), ash ($p=0.301$), protein ($p=0.129$), fat ($p=0.132$), carbohydrates ($p=0.064$), crude fiber ($p=0.233$), iron ($p=0.000$), color ($p=0.139$), texture ($p=0.312$), aroma ($p=0.131$), and taste ($p=0.058$). The selected formulation was F2, with a nutritional content per 100 grams of 536.86 kcal energy, 30.34 g fat, 5.98 g protein, 59.97 g carbohydrates, 1.24 g crude fiber, and <0.02 mg iron.

Keywords : Mahogany Seed, Biscuit, Functional Food, Iron