

VARIATION OF RICE BRAN AND RED BEAN MIXING IN THE MAKING OF SNACK BARS REVIEWED FROM PHYSICAL PROPERTIES, PROCIMATE LEVELS AND FOOD FIBER

Isna Permatahati, Joko Susilo, Agus Wijanarka

Department of Nutrition, Ministry of Health Yogyakarta Polytechnic,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman, D.I Yogyakarta

Email: isnapermatahati@gmail.com

ABSTRACT

Background : Changes in people's lifestyles encourage changes in food consumption patterns. Lifestyle changes occur because of an increase in population welfare and awareness of the magnitude of the relationship between food and the emergence of diseases such as low consumption of food fiber which causes many cases of chronic diseases such as colon cancer, diabetes mellitus, and others. The average Indonesian people only consume food fiber as much as 10.5 grams / day while food fiber needs that must be fulfilled an average of around 30 grams / day. Increasing food fiber intake is important, for that one source of food that has high dietary fiber, namely bran and red beans can be processed into a snack bar as an example of food that can be consumed by the general public.

Objective : Know the physical properties, the content of the proximate content and fiber content of the food in the bran and red bean snack bars.

Method : This study was a purely experimental study, with the RAS method three treatments, two replications and four experimental units. Testing of physical properties was carried out by researchers, and measurements of the proximate content and fiber of food were carried out at the UGM Central Food and Nutrition Study Laboratory.

Results : Judging from physical properties there are differences between color, aroma, taste and texture. The results of the analysis using the One-way Annova test on the content of dietary fiber, ash and protein content were found to be significantly different ($p < 0.05$), and in the water, fat and carbohydrate content there were no significant differences ($p > 0.05$) The highest content of food fiber is the D snack bar.

Conclusion : There is an effect of mixing rice bran and red beans on the physical properties, proximate levels and dietary fiber at the snack bar.

Keywords : Snack Bar, Rice Bran, Red Beans, Proximate Content, Food Fiber.

VARIASI PENCAMPURAN BEKATUL DAN KACANG MERAH DALAM PEMBUATAN SNACK BAR DITINJAU DARI SIFAT FISIK, KADAR PROKSIMAT DAN SERAT PANGAN

Isna Permatahati, Joko Susilo, Agus Wijanarka

Jurusan Gizi, Politeknik Kesehatan Kemenkes Yogyakarta,
Jl. Tatabumi No. 3, Banyuraden, Gamping, Sleman, D.I Yogyakarta

Email : isnapermatahati@gmail.com

ABSTRAK

Latar Belakang : Perubahan gaya hidup masyarakat mendorong terjadinya perubahan pola konsumsi pangan. Perubahan gaya hidup terjadi karena peningkatan kesejahteraan penduduk dan kesadaran akan besarnya hubungan antara makanan dan timbulnya penyakit salah satunya seperti konsumsi rendah serat pangan yang menyebabkan banyak kasus penyakit kronis seperti kanker kolon, diabetes mellitus, dan lain-lain. Rata-rata masyarakat Indonesia hanya mengkonsumsi serat pangan sebanyak 10,5 gram/hari sedangkan kebutuhan serat pangan yang harus dicukupi rata-rata sekitar 30 gram/hari. Peningkatan asupan serat pangan merupakan hal yang penting, untuk itu salah satu sumber bahan pangan yang memiliki serat pangan yang tinggi yaitu bekatul dan kacang merah dapat diolah menjadi *snack bar* sebagai contoh makanan yang dapat dikonsumsi oleh masyarakat umum.

Tujuan : Diketuinya sifat fisik, kandungan kadar proksimat dan kandungan serat pangan pada *snack bar* bekatul dan kacang merah.

Metode : Penelitian ini adalah penelitian eksperimen murni, dengan metode RAS tiga perlakuan, dua kali ulangan dan empat unit percobaan. Pengujian sifat fisik dilakukan oleh peneliti, dan pengukuran kandungan kadar proksimat dan serat pangan dilakukan di Laboratorium Pusat Studi Pangan dan Gizi UGM.

Hasil : Ditinjau dari sifat fisik terdapat perbedaan antara warna, aroma, rasa dan tekstur. Hasil analisis dengan menggunakan uji *One-way Anova* pada kandungan kadar serat pangan, abu dan protein diketahui terdapat perbedaan yang signifikan ($p < 0,05$), dan pada kandungan air, lemak dan karbohidrat tidak memiliki perbedaan yang signifikan ($p > 0,05$). Kandungan serat pangan tertinggi yaitu *snack bar* perlakuan D.

Kesimpulan : Ada pengaruh pencampuran bekatul dan kacang merah terhadap sifat fisik, kadar proksimat dan serat pangan pada *snack bar*.

Kata kunci : *Snack Bar*, Bekatul, Kacang Merah, Kadar Proksimat, Serat Pangan.