PEMANFAATAN TEPUNG JEWAWUT DAN TEPUNG LABU KUNING SEBAGAI BAHAN DASAR *SNACK BAR* TINGGI SERAT PANGAN DITINJAU DARI SIFAT FISIK DAN DAYA TERIMA

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ABSTRAK

Latar Belakang: Jewawut di Indonesia dikenal sebagai pakan burung, sedangkan pemanfaatanya untuk pangan belum banyak diketahui. Jewawut memiliki kadar serat pangan yang tinggi yaitu 8,21%. Labu kuning termasuk jenis tanaman yang produktif, namun pemanfaatannya masih terbatas. Peningkatan nilai tambah labu kuning dengan mengolahnya menjadi tepung. Tepung Labu kuning kuning memiliki kadar serat 6,07%. *Snack bar* merupakan salah satu pangan praktis yang memiliki kandungan gizi yang lengkap. Formulasi produk *snack bar* seperti formulasi cookies, sehingga mudah dikembangkan dari berbagai variasi bahan.
Tujuan Penelitian: Mengetahui pengaruh variasi pencampuran tepung jewawut dan tepung labu kuning sebagai bahan dasar *snack bar* tinggi serat ditinjau dari sifat fisik dan daya terima.
Metode Penelitian: Jenis penelitian ini adalah eksperimen semu menggunakan Rancangan Acak Sederhana (RAS) dengan 3 unit percobaan, 4 variasi *snack bar* (kontrol, 60%:40%, 50%:50%, 40%:60%) dengan 2 kali pengulangan. Uji sifat fisik secara subjektif dan objektif. Uji daya terima dengan uji *hedonic scale test* menggunakan analisis *Kruskall-Wallis* dan dilanjutkan *Maan-Whitney* jika terdapat perbedaan. Kadar serat pangan dengan metode enzimatis diuji secara diskriptif.
Hasil Penelitian: Hasil uji *Kruskall-Wallis* terhadap daya terima terdapat perbedaan yang signifikan ($p<0,05$) dari segi warna, aroma, tekstur, dan rasa. Semakin rendah presentase tepung jewawut dan semakin tinggi presentase tepung labu kuning daya terima panelis semakin menurun. Kadungan serat pangan tertinggi pada *snack bar* D yaitu 10,3 %.
Kesimpulan: Ada perbedaan variasi pencampuran tepung jewawut dan tepung labu kuning sebagai bahan dasar *snack bar* terhadap sifat fisik, daya terima dan kadar serat pangan.

Kata kunci : Tepung jewawut, tepung labu kuning, *snack bar*, serat pangan.

UTILIZATION OF FOXTAIL MILLET FLOUR AND PUMPKIN FLOUR AS A BASIC INGREDIENT IN HIGH- DIETARY FIBER SNACK BARS REVIEWED OF PHYSICAL PROPERTIES AND LEVEL OF ACCEPTABILITY

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ABSTRACT

Background : Foxtail millet in Indonesia is known as bird feed, while its use for food is not widely known. Foxtail millet has a high fiber content of 8.21%. Pumpkin is a productive type of plant, but its use is still limited. Increasing the added value of pumpkin by processing it into flour. Pumpkin flour has a fiber content of 6.07%. Snack bar is a practical food that has complete nutritional content. The formulation of snack bar products is like a cookie formulation, making it easy to develop from a variety of ingredients.
Objectives: This study to identified the effect of mixing variations of foxtail millet flour and pumpkin flour as the basic ingredients of high-fiber snack bars in terms of physical properties and level of acceptability.
Methods: This study was quasi-experimental by Simple Randomized Design (SRD) with 3 experimental units, 4 variations of snack bars (control, 60%: 40%, 50%: 50%, 40%: 60%) with 2 repetitions. Test physical properties in a manner subjective and objective. The level of acceptability test with the hedonic scale test used the Kruskall-Wallis analysis and continued Maan-Whitney if there were differences. The levels of dietary fiber with the enzymatic method were tested descriptively.
Results: The results of the Kruskall-Wallis test on level of acceptability were significantly different ($p < 0,05$) in terms of color, aroma, texture, and taste. The lower the percentage of foxtail millet flour and the higher the percentage of pumpkin flour the panel's receiving power decreases. The highest dietary fiber content in snack bar D is 10,3 %.
Conclusion: There were differences in the mixing of foxtail millet flour and pumpkin flour as the basic ingredients of the snack bar for physical properties, level of acceptability and fiber content of food.

Keywords: Foxtail millet flour, pumpkin flour, snack bar, dietary fiber.