

**PENGARUH VARIASI CAMPURAN KACANG TANAH (*Arachis hypogaea*) DAN TEPUNG UBI CILEMBU TERHADAP SIFAT ORGANOLEPTIK DAN KADAR SERAT PANGAN *SNACK BAR***

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**ABSTRAK**

**Latar Belakang :** Obesitas berkaitan erat dengan kejadian Penyakit Tidak Menular. Hasil Riskesdas (2018) menunjukkan peningkatan prevalensi obesitas pada penduduk usia >18 tahun. Pemilihan bahan makanan serta aktivitas fisik yang rendah dapat menjadi salah satu faktor penyebab terjadinya obesitas dan adanya penyakit tidak menular. Asupan serat makanan diketahui dapat mengontrol kegemukan (obesitas) dan penyakit degenerative lainnya. Oleh sebab itu, peneliti tertarik untuk mengembangkan produk bahan pangan lokal berupa *snack bar* berbahan dasar kacang tanah dan tepung ubi cilembu yang ditinjau dari sifat organoleptik dan kadar serat pangan.

**Tujuan :** Mengetahui pengaruh variasi campuran kacang tanah dan tepung ubi cilembu terhadap sifat organoleptik dan kadar serat pangan *snack bar*.

**Metode :** Jenis penelitian ini yaitu semu eksperimental, rancangan penelitian Rancangan Acak Sederhana (RAS) dengan 4 (empat) perlakuan dan terdapat 2 (dua) kali ulangan, setiap ulangan terdapat 2 unit percobaan sehingga total ada 16 unit percobaan.

**Hasil :** Hasil uji organoleptik pada parameter warna dan tekstur memperoleh nilai ( $p>0.05$ ) sehingga hal ini menunjukkan tidak terdapat perbedaan yang signifikan pada masing-masing perlakuan A, B, C dan D terhadap warna dan tekstur *snack bar*. Terdapat perbedaan yang signifikan ( $p<0.05$ ) pada aroma dan rasa *snack bar* antara perlakuan A (kontrol) dengan perlakuan B, C dan D.

**Kesimpulan :** Ada pengaruh variasi campuran kacang tanah dan tepung ubi cilembu terhadap sifat organoleptik *snack bar*, sifat organoleptic *snack bar* yang paling banyak disukai panelis yaitu *snack bar* pada perlakuan B. Ada pengaruh variasi campuran kacang tanah dan tepung ubi cilembu terhadap kadar serat pangan *snack bar*.

**Kata Kunci :** Kacang tanah, tepung ubi cilembu, sifat organoleptic, serat pangan, *snackbar*

## THE VARIATIONS EFFECT OF MIXED PEANUTS (*Arachis Hypogaea*) AND CILEMBU SWEET POTATO FLOUR ON THE ORGANOLEPTIC PROPERTIES AND DIETARY FIBER CONTENT OF *SNACK BAR*

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### ABSTRACT

**Background:** Obesity was closely related to the incidence of non-communicable diseases. The results of Riskesdas (2018) showed an increase in the prevalence of obesity in the population aged >18 years. The choice of food ingredients and low physical activity could be one of the factors causing obesity and the presence of non-communicable diseases. Dietary fiber intake was known to control obesity and other degenerative diseases. Therefore, researchers were interested in developing local food products in the form of *snack bars* made from peanut and cilembu sweet potato flour in terms of organoleptic properties and food fiber content.

**Objective:** To determine the effect of variations in the mixture of peanut and cilembu sweet potato flour on the organoleptic properties and food fiber content of *snack bars*.

**Methods:** This type of research was quasi-experimental, the research design was Simple Randomized Design (RAS) with 4 (four) treatments and there were 2 (two) replications, each replication had 2 experimental units so that there were a total of 16 experimental units.

**Results:** The results of organoleptic tests on color and texture parameters obtained values ( $p>0.05$ ) so this indicated that there were no significant differences in each treatment A, B, C, and D on the color and texture of *snack bars*. There was a significant difference ( $p<0.05$ ) in the aroma and taste of *snack bars* between treatment A (control) and treatments B, C, and D.

**Conclusion:** There was an effect of variations in the mixture of peanut and cilembu sweet potato flour on the organoleptic properties of *snack bars*, the organoleptic properties of *snack bars* that were most liked by panelists were *snack bars* in treatment B. There was an effect of variations in the mixture of peanut and cilembu sweet potato flour on the food fiber content of *snack bars*.

**Keywords:** Peanut, cilembu sweet potato flour, organoleptic properties, dietary fiber, *snack bar*.