

**VARIASI CAMPURAN UBI JALAR UNGU (*Ipomoea batatas l*) DALAM
PEMBUATAN *CHURROS* UBI JALAR UNGU (CUBIJU) SEBAGAI
KUDAPAN SUMBER SERAT DITINJAU DARI TINGKAT KESUKAAN,
KADAR PROKSIMAT, DAN KADAR SERAT PANGAN**

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ABSTRAK

Latar Belakang: Berdasarkan data Riskesdas tahun 2018, 95% orang Indonesia kekurangan konsumsi serat. Salah satu bahan pangan yang mengandung serat pangan adalah ubi jalar. Ubi jalar ungu dapat dimanfaatkan menjadi makanan modern yang banyak digemari tetapi memiliki nilai fungsional seperti pengolahannya menjadi *churros* dengan campuran ubi jalar ungu.

Tujuan Penelitian: Untuk mengetahui tingkat kesukaan, kadar proksimat, dan kadar serat pangan *churros* ubi jalar ungu (CUBIJU) dengan variasi campuran ubi jalar ungu sebagai makanan sumber serat.

Metode: Jenis penelitian ini adalah *quasi eksprimen* dengan desain Rancangan Acak Lengkap yang terdiri dari 4 perlakuan dan terdapat 2 kali pengulangan dengan 1 unit percobaan yang kemudian diuji tingkat kesukaan, kadar proksimat, dan kadar serat pangan.

Hasil: Berdasarkan hasil uji tingkat kesukaan diketahui warna yang paling disukai perlakuan A, aroma yang paling disukai perlakuan A, rasa yang paling disukai perlakuan B, dan tekstur yang paling disukai adalah perlakuan A dan B. Hasil uji kadar proksimat menunjukkan *churros* yang terdapat campuran ubi jalar ungu memiliki kadar air, abu dan lemak yang lebih tinggi dari *churros* tanpa campuran ubi jalar ungu (kontrol). Hasil kadar serat pangan *churros* meningkat setelah diberi campuran ubi jalar ungu.

Kesimpulan: Secara keseluruhan *churros* yang paling disukai adalah perlakuan A. Diantara *churros* yang dikembangkan dengan campuran ubi jalar ungu *churros* yang paling disukai adalah perlakuan B. Kadar proksimat dan kadar serat pangan *churros* dengan campuran ubi jalar ungu memiliki perbedaan.

Kata Kunci: *Churros*, tingkat kesukaan, kadar proksimat, kadar serat pangan, CUBIJU.

**VARIATIONS OF PURPLE SWEET POTATO (*Ipomoea batatas* L)
MIXTURES IN MAKING PURPLE SWEET POTATO *CHURROS*
(CUBIJU) AS A SOURCE OF FIBER SNACKS JUDGING FROM LEVEL
OF LIKES, PROXIMATE CONTENT AND FOOD FIBER CONTENT**

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ABSTRACT

Background: Based on 2018 Riskesdas data, 95% of Indonesians lack fiber consumption. One food ingredient that contains dietary fiber is sweet potato. Purple sweet potato can be used as a modern food that is popular but has functional value, such as processing it into *churros* mixed with purple sweet potato.

Research Objective: To determine the level of preference, proximate content, and fiber content of purple sweet potato *churros* (CUBIJU) with a variety of purple sweet potato mixtures as a food source of fiber.

Method: This type of research is a quasi-experiment with a Completely Randomized Design consisting of 4 treatments and 2 repetitions with 1 experimental unit which is then tested for level of liking, proximate level and food fiber content.

Results: Based on the results of the liking level test, it is known that the most preferred color is treatment A, the most preferred aroma is treatment A, the most preferred taste is treatment B, and the most preferred texture is treatment A and B. The results of the proximate level test show that the *churros* contain a mixture of sweet potatoes. purple sweet potato had higher water, ash and fat content than *churros* without purple sweet potato mixture (control). The results of *churros'* dietary fiber content increased after being given a mixture of purple sweet potatoes.

Conclusion: Overall, the most preferred *churros* were treatment A. Among the *churros* developed with a mixture of purple sweet potato, the most preferred *churros* was treatment B. The proximate content and dietary fiber content of *churros* with a mixture of purple sweet potato were different.

Keywords: *Churros*, liking level, proximate content, dietary fiber content, CUBIJU.