

# VARIASI CAMPURAN TEPUNG BERAS HITAM PADA YANGKO DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, ZAT GIZI MAKRO, DAN KADAR SERAT PANGAN

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## ABSTRAK

**Latar Belakang** : Yangko merupakan makanan yang terbuat dari tepung beras ketan dan gula. Kandungan gizi utama yangko adalah karbohidrat sedangkan untuk kandungan serat masih tergolong rendah. Salah satu cara untuk meningkatkan kadar serat adalah dengan mencampurkan dengan bahan makanan tinggi serat, yaitu beras hitam. Setiap 100 gram beras hitam memiliki kandungan serat sebanyak 20,1 gram.

**Tujuan Penelitian** : Mengetahui pengaruh campuran tepung beras hitam terhadap sifat fisik, sifat organoleptik, zat gizi makro, dan kadar serat pangan yangko.

**Metode** : Penelitian eksperimental semu menggunakan Rancangan Acak Sederhana dengan 2 unit percobaan, 2 kali ulangan, dan 4 variasi yangko (100%:0%, 90%:10%, 70%:30%, 50%:50%). Uji sifat fisik secara subjektif dan dianalisis secara deskriptif. Uji sifat organoleptik dengan uji *hedonic* menggunakan analisis ANOVA, jika ada perbedaan dilakukan uji Duncan. Pengujian kadar serat pangan dengan metode *multienzim* dan dianalisis secara deskriptif. Pengujian kadar zat gizi makro dilakukan pada perlakuan yang paling disukai dan dianalisis secara deskriptif.

**Hasil** : Hasil penelitian menunjukkan bahwa campuran tepung beras hitam berpengaruh terhadap sifat fisik yangko. Hasil analisis ANOVA pada uji organoleptik terdapat perbedaan signifikan pada tingkat kesukaan warna, rasa, dan tekstur. Kadar serat pangan tertinggi pada yangko dengan campuran tepung beras hitam 30%. Kadar protein, lemak, dan karbohidrat pada yangko yang paling disukai dalam 100 g yaitu 2,79 g, 1,05 g, dan 55,04 g.

**Kesimpulan** : Ada pengaruh variasi campuran tepung beras hitam terhadap sifat fisik, sifat organoleptik, kadar serat pangan, dan zat gizi makro.

**Kata kunci** : Tepung beras hitam, yangko, serat pangan, zat gizi makro

# VARIATIONS MIXED OF BLACK RICE FLOUR ON YANGKO REVIEWED OF PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, MACRONUTRIENT, AND DIETARY FIBER

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## ABSTRACT

**Background:** Yangko is food made from glutinous rice flour and sugar. Nutrition content in yangko mostly carbohydrate, but lack of fiber content. One way to increase the fiber content is by mixing with a high-fiber food item called black rice. Each 100 grams of black rice has a 20,1 grams of fiber.

**Objectives:** To identify the effect of black rice flour mixing variation on physical properties, organoleptic properties, macronutrient, and dietary fiber level of yangko.

**Methods:** This research was a quasi-experimental study which used Simple Randomized Design with 2 units, 2 repetition, and 4 variations of yangko (100%:0%, 90%:10%, 70%:30%, 50%:50%). Assessment of physical properties is subjective and analyzed using descriptive analysis. The organoleptic properties were analyzed using ANOVA and continued by Duncan. The dietary fiber level was calculated using *multienzyme* and analyzed using descriptive analysis. The macronutrient content for the most liked product was analyzed using descriptive analysis.

**Result:** The result of this research is the mixture of black rice flour influential on the physical properties of yangko. Based on the ANOVA analysis in the organoleptic test, it shows that there was a significant difference in the level of fondness of color, taste, and texture. The highest level of dietary fiber was found in yangko with a mixture of black rice flour 30%. Protein, fat, and carbohydrate content on the most liked yangko are 2,79 g, 1,05 g, and 55,04 g.

**Conclusion:** There was an effect of the black rice flour mixing variation on physical properties, organoleptic properties, macronutrient, and dietary fiber.

**Key words :** black rice flour, yangko, dietary fiber, macronutrient