

# VARIASI PENCAMPURAN TEPUNG GAYAM (*Inocarpus Fagifer* L.Forst) DALAM PEMBUATAN *COOKIES* DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR SERAT PANGAN

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## ABSTRAK

**Latar Belakang :** Biji Gayam kaya akan karbohidrat (76,74-85,22%) dan protein (9,67-11,66%). Pengolahan biji gayam dimodifikasi menjadi produk tepung guna meningkatkan diversifikasi produk. Tepung gayam dapat digunakan untuk mengganti tepung terigu dalam pembuatan produk yang dipanggang seperti kue. Pembuatan *cookies* tepung gayam mengandung serat pangan ini dapat dikonsumsi masyarakat sebagai pangan fungsional dalam upaya pencegahan penyakit degeneratif.

**Tujuan Penelitian :** Menghasilkan produk *cookies* ditinjau dari sifat fisik, sifat organoleptik, dan kadar serat pangan.

**Metode Penelitian :** Jenis penelitian ini adalah eksperimen murni dengan Rancangan Acak Lengkap (RAL), menggunakan 4 (empat) perlakuan dan 2 (dua) kali ulangan. Data sifat fisik dianalisis secara deskriptif, data sifat organoleptik dianalisis dengan Uji *Kruskal-Wallis* dan *Man-Whitney*, sedangkan data kadar serat pangan diuji dengan Uji ANOVA dan *Duncan Multiple Range Test* (DMRT).

**Hasil :** Berdasarkan sifat fisik *cookies*, warna yang dihasilkan tidak mengalami perbedaan yang signifikan, semakin banyak penambahan tepung gayam maka rasa manis akan berkurang dan aroma semakin langu. Semakin banyak penambahan tepung gayam maka kadar serat yang dihasilkan semakin tinggi.

**Kesimpulan :** *Cookies* tepung gayam yang disukai panelis serta dapat dikembangkan berdasarkan sifat fisik, sifat organoleptik dan kadar serat pangan adalah *cookies* dengan variasi pencampuran tepung gayam 35%

**Kata kunci :** Tepung gayam, *cookies*, sifat fisik, sifat organoleptik, serat pangan

**MIXING VARIATION OF GAYAM FLOUR (*Inocarpus Fagifer* L. Forst)  
IN THE MAKING OF COOKIES  
ASSESSED FROM PHYSICAL CHARACTERISTIC, ORGANOLEPTIC  
CHARACTERISTIC, AND FOOD FIBER CONTENT**  
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**ABSTRACT**

**Research Background :** Gayam seeds contains a lot of carbohydrates (76.74-85.22%) and protein (9.67-11.66%). The process of gayam seeds is modified into flour products to increase product diversification. Gayam flour can be used to replace wheat flour in the manufacture of baked product such as cakes. The making of gayam flour cookies that contains dietary fiber can be consumed by the public society as functional food as an effort to prevent degenerative diseases.

**Research Objectives :** To produce cookie products assessed from physical characteristic, organoleptic characteristic, and food fiber content.

**Research Methods :** This type of research is a pure experiment with a completely randomized design (CRD), using 4 (four) treatments and 2 (two) replications. Physical data were analyzed descriptively, organoleptic data were analyzed using the Kruskal-Wallis and Man-Whitney tests, while the data on dietary fiber levels were tested by ANOVA test and Duncan Multiple Range Test (DMRT).

**Results :** Based on the physical characteristic of cookies, the color of the result did not show a significant difference, the more addition of gayam flour, the less sweetness and unpleasant odor. The more the addition of gayam flour, the higher the resulting fiber content.

**Conclusion :** Gayam flour cookies that are liked by panelists and can be developed based on physical characteristic, organoleptic characteristic, and food fiber content are cookies with a variation of 35% mixing of gayam flour.

**Keywords :** Gayam flour, cookies, physical characteristic, organoleptic characteristic, food fiber.