

SIFAT FISIK DAN KANDUNGAN GIZI *SNACK BAR* TEPUNG UBI JALAR
UNGU (*Ipomea batatas L*) DAN KACANG KOMAK (*Lablab purpureus*)
UNTUK MAKANAN SELINGAN PENDERITA DIABETES

Nurul Hidayah¹, Setyowati², Noor Tifauzah³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email : nuhanurulhidayah@gmail.com, setyowati316@gmail.com,
noortifauzah@gmail.com

ABSTRAK

Latar Belakang : Penatalaksanaan gizi terhadap diabetes dilakukan dengan pemilihan bahan makanan yang tepat. Ubi jalar ungu dan kacang komak merupakan bahan pangan lokal yang relatif aman bagi penderita diabetes. Bahan pangan tersebut dapat diolah menjadi makanan yang praktis seperti *snack bar*. Perlu diperhatikan mutunya melalui sifat fisik dan kandungan gizinya sehingga layak dikonsumsi bagi penderita diabetes.

Tujuan : Mengetahui sifat fisik, kandungan gizi dan *food cost snack bar* tepung ubi jalar ungu (*Ipomea batatas L*) dan kacang komak (*Lablab purpureus*) untuk makanan selingan penderita diabetes.

Metode : Penelitian ini merupakan penelitian deskriptif. Variabel yang diteliti yaitu sifat fisik dan kandungan gizi. Uji fisik dilakukan secara subyektif dan analisis proksimat dilakukan di Chem-Mix Lab. Analisis data dilakukan secara deskriptif dan analitik.

Hasil : *Snack bar* memiliki warna coklat, aroma khas biskuit dan rasa manis. Kandungan yang terdapat pada *snack bar* yaitu air 8,91%, abu 2,67%, protein 15,09%, lemak 24,80%, karbohidrat 48,52% dan serat 26,92%. Standar porsinya yaitu 80 gram (4 potong). Food cost 4300,- per porsi.

Kesimpulan : *Snack bar* memiliki warna coklat, aroma khas biskuit dan rasa manis. Kandungan protein dan lemak memenuhi standar biskuit. Karbohidrat tidak memenuhi standar mutu biskuit namun memenuhi anjuran konsumsi karbohidrat bagi penderita diabetes.

Kata Kunci : Sifat fisik, kandungan gizi, tepung ubi jalar ungu, kacang komak, *snack bar*

PHYSICAL PROPERTIES AND NUTRITIONAL CONTENT OF PURPLE
SWEET POTATO (*Ipomea batatas L*) FLOUR AND KOMAK BEAN (*Lablab
purpureus*) SNACK BARS FOR DIABETIC SNACK

Nurul Hidayah¹, Setyowati², Noor Tifauzah³
^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman
Email : nuhanurulhidayah@gmail.com, setyowati316@gmail.com,
noortifauzah@gmail.com

ABSTRACT

Background : Nutrition management of diabetes is done by choosing the right foodstuffs. Purple sweet potatoes and komak beans are local foods that are relatively safe for people with diabetes mellitus. These foodstuffs can be processed into practical foods such as snack bars. It should be noted its quality through its physical properties and nutritional content so that it is suitable for consumption for people with diabetes mellitus.

Objective : Know the physical properties, nutritional content and food cost snack bar purple yam flour (*Ipomea batatas L*) and komak beans (*Lablab purpureus*) for diabetic interlusion food.

Methods: This research is descriptive research. Variables studied are physical properties and nutritional content. Physical tests are subjective and proximate analysis is conducted at the Chem-Mix Lab. Data analysis is done descriptively and analytically.

Results : Snack bar has brown color, typical aroma of biscuits and sweet taste. The content contained in the snack bar is water 8.91%, ash 2.67%, protein 15.09%, fat 24.80%, carbohydrates 48.52% and fiber 26.92%. The standard portion is 80 grams (4 pieces). Food cost 4300,- per serving.

Conclusion: Snack bar has brown color, typical aroma of biscuits and sweet taste. Protein and fat content meet biscuit standards. Carbohydrates do not meet the quality standards of biscuits but meet the recommended consumption of carbohydrates for diabetics.

Keywords : Physical properties, nutritional content, purple sweet potato flour, komak beans, snack bar