

**SIFAT FISIK, ORGANOLEPTIK DAN KADAR SERAT PANGAN PADA
COOKIES LIDAH KUCING GEMJO BERBAHAN BAKU TEPUNG
GEMBILI (*DISCOREA ESCULENTA L.*) DAN KACANG HIJAU (*VIGNA
RADIATA*)**

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ABSTRAK

Latar Belakang : Serat makanan (*dietary fiber*) sangat penting bagi kesehatan tubuh. *Cookies* merupakan salah satu produk pangan yang banyak digemari oleh masyarakat. Gembili dan kacang hijau mengandung zat gizi tinggi serat. Pencampuran tepung gembili dan kacang hijau diharapkan dapat meningkatkan kadar serat *cookies*.

Tujuan Penelitian: Mengetahui sifat fisik, sifat organoleptik dan kadar serat *cookies* dengan variasi pencampuran tepung gembili dan tepung kacang hijau.

Metode : Jenis penelitian ini adalah penelitian eksperimental murni menggunakan rancangan acak lengkap (RAL) dengan 4 macam perlakuan, 2 Unit percobaan, dan 2 kali pengulangan. Perlakuan variasi pencampuran tepung gembili dan tepung kacang hijau yaitu 100%:0%:0% (A); 75%:15%:10% (B); 65%:15%:20% (C); 55%:15%:30% (D). Uji sifat fisik secara subjektif. Uji sifat organoleptik dianalisis dengan Kruskal-Wallis, jika ada perbedaan dilakukan dengan uji Mann Whitney. Pengujian kadar serat pangan dengan metode *Multienzim*.

Hasil : Sifat fisik *cookies* menunjukkan semakin meningkat variasi pencampuran tepung gembili dan tepung kacang hijau, *cookies* yang dihasilkan memiliki warna kuning dengan bintik kecokelatan, aroma semakin langu, rasa semakin pahit, tekstur renyah. Sifat organoleptik *cookies* yang paling disukai yaitu variasi 75% : 15% : 10%. Kandungan serat tertinggi pada *cookies* perlakuan 55%:15%:30%.

Kesimpulan : Ada perbedaan sifat fisik, sifat organoleptik, dan kadar serat *cookies* dengan variasi pencampuran tepung gembili dan kacang hijau.

Kata Kunci : Tepung gembili, tepung kacang hijau, sifat fisik, sifat organoleptik, serat pangan.

PHYSICAL PROPERTIES, ORGANOLEPTICS AND DIETARY FIBER CONTENT IN GEMJO LIDAH KUCING COOKIES FROM GEMBILI FLOUR (*DISCOREA ESCULENTA L.*) AND GREEN BEANS (*VIGNA RADIATA*)

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ABSTRACT

Background : Dietary fiber very important for health. Cookies are one of the most popular food products by the community. Gembili and green beans contain high fiber nutrients. Mixing gembili flour and green beans flour is expected to increase the fiber content of cookies.

Objective : Knowing the physical properties, organoleptic properties and dietary fiber content of cookies with variations of mixing gembili flour and green beans flour.

Methods : This type of research is a pure experimental study using a completely randomized design (CRD) with 4 kinds of treatment, 2 experimental units, and 2 repetitions. The treatment variations of mixing gembili flour and green beans flour are 100%:0%:0% (A); 75%:15%:10% (B); 65%:15%:20% (C); 55%:15%:30% (D). Test the physical properties subjectively. The organoleptic properties test was analyzed by Kruskal-Wallis, if there was a difference, it was carried out with the Mann Whitney test. Testing of dietary fiber content using the Multienzyme method.

Results : The physical properties of cookies show that the increase variation of mixing gembili flour and green beans flour, cookies produced have a yellow color with brown spots, the aroma is getting more unpleasant, the taste is getting more bitter, the texture is crunchy. The most preferred organoleptic properties of cookies are the variety of 75% : 15% : 10%. The highest dietary fiber content in the cookies treatment 55%:15%:30%.

Results : There are differences in the physical properties, organoleptic properties, and dietary fiber content of cookies with variations in the mixing of gembili flour and green beans flour.

Keywords : Gembili flour, green beans flour, physical properties, organoleptic properties, dietary fiber.