

VARIASI CAMPURAN TEPUNG KACANG KEDELAI DAN PISANG AMBON PADA PUDING SOBA (*SOYA BANANA*) DITINJAU DARI SIFAT ORGANOLEPTIK, DAYA TERIMA DAN KADAR KALIUM

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INTISARI

Latar Belakang: Penyakit tidak menular, seperti hipertensi, menjadi penyebab utama kematian dini secara global. Kalium diketahui berperan penting dalam mengontrol tekanan darah, sehingga konsumsi makanan tinggi kalium menjadi salah satu strategi pencegahan dan pengendalian hipertensi. Tepung kacang kedelai dan pisang ambon termasuk bahan makanan dengan kandungan kalium tinggi yang dapat dikombinasikan sebagai makanan untuk penderita hipertensi.

Tujuan: Penelitian ini bertujuan untuk mengetahui variasi campuran tepung kacang kedelai dan pisang ambon pada puding Soba (*Soya Banana*) ditinjau dari sifat organoleptik, daya terima, dan kadar kalium.

Metode: Penelitian menggunakan desain eksperimen semu dengan Rancangan Acak Sederhana. Terhadap empat perlakuan formula dengan perbandingan tepung kacang kedelai dan pisang ambon, yaitu A (60%:40%), B (70%:30%), C (80%:20%), dan D (90%:10%). Sifat organoleptik diuji oleh 25 panelis agak terlatih dengan uji hedonik, daya terima diuji melalui metode *comstock*, dan kadar kalium diuji menggunakan metode gravimetri.

Hasil: Hasil menunjukkan bahwa variasi campuran tepung kacang kedelai dan pisang ambon memberikan pengaruh signifikan terhadap rasa dan tekstur ($p < 0,05$), dengan formula B (70% tepung kacang kedelai : 30% pisang ambon) sebagai formula yang paling disukai. Daya terima juga menunjukkan hasil yang positif yaitu 92% sasaran menyatakan dapat menerima formula B. Formula B juga memiliki kadar kalium tinggi sebesar 561 mg per 200 gram puding yang mencukupi 12% kebutuhan kalium harian.

Kesimpulan: Variasi campuran tepung kacang kedelai dan pisang ambon memengaruhi sifat organoleptik, daya terima, dan kadar kalium pada puding soba, dengan formula B direkomendasikan sebagai alternatif makanan selingan tinggi kalium untuk penderita hipertensi.

Kata Kunci: kalium, pisang ambon, puding soba, tepung kacang kedelai

VARIATIONS IN THE MIXTURE OF SOYBEAN FLOUR AND AMBON BANANA IN SOBA PUDDING (SOYA BANANA) IN TERMS OF ORGANOLEPTIC PROPERTIES, ACCEPTABILITY, AND POTASSIUM CONTENT

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ABSTRACT

Background: Non-communicable diseases, such as hypertension, are the leading cause of premature death globally. Potassium is known to play an important role in controlling blood pressure, so consuming foods high in potassium is one strategy for preventing and controlling hypertension. Soybean flour and Ambon bananas are foods high in potassium that can be combined as foods for people with hypertension.

Objective: This study aims to determine the variations in the mixture of soybean flour and ambon banana in Soba Pudding (Soya Banana) in terms of organoleptic properties, acceptability, and potassium content.

Methods: The study used a quasi-experimental design with a simple random design. Four treatment formulas were tested with different ratios of soybean flour and ambon banana, namely A (60%:40%), B (70%:30%), C (80%:20%), and D (90%:10%). Organoleptic properties were tested by 25 semi-trained panelists using a hedonic test, acceptability was assessed using the comstock method, and potassium content was determined using the gravimetric method.

Results: The results showed that variations in the mixture of soybean flour and ambon banana significantly affected taste and texture ($p < 0.05$), with formula B (70% soybean flour : 30% Ambon banana) being the most preferred formula. Acceptability also showed positive results, with 92% of the target group stating they could accept formula B. Formula B also has a high potassium content of 561 mg per 200 grams of pudding, which meets 12% of the daily potassium requirement.

Conclusion: Variations in the mixture of soybean flour and ambon banana affect the organoleptic properties, acceptability, and potassium content of soba pudding, with formula B recommended as a high-potassium snack alternative for hypertensive patients.

Keywords: potassium, ambon banana, soba pudding, soybean flour