PENGARUH VARIASI PENAMBAHAN SARI KACANG HIJAU TERHADAP SIFAT FISIK, SIFAT ORGANOLEPTIK, KADAR SERAT PANGAN DAN DAYA TERIMA KONSUMEN PADA PEMBUATAN PUDING SARI KACANG HIJAU (SAKACHI) SEBAGAI ALTERNATIF HIDANGAN TINGGI SERAT PANGAN UNTUK PENDERITA OBESITAS

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ABSTRAK

Latar Belakang. Peningkatan Penyakit Tidak Menular (PTM) seperti Obesitas yang berkaitan dengan rendahnya konsumsi serat pangan pada masyarakat. Pencegahan dapat dilakukan salah satunya dengan pola makan tinggi serat. Kacang hijau merupakan salah satu pangan fungsional yang mengandung tinggi serat akan tetapi pemanfaatannya belum maksimal. Puding sebagai hidangan penutup yang digemari masyarakat dan pengolahannya yang mudah. Pemanfaatan sari kacang hijau sebagai bahan tambahan dalam pembuatan puding sakachi diharapkan dapat meningkatkan konsumsi serat pangan dan daya terima puding sakachi.
Tujuan. Diketahuinya sifat fisik, sifat organoleptic, kadar serat pangan, daya terima konsumen dengan variasi penambahan sari kacang hijau pada puding sakachi.
Metode. Jenis penelitian ini adalah eksperimen semu dengan desain penelitian Rancangan Acak Sederhana (RAS) meliputi 4 variasi penambahan sari kacang hijau (0%, 25%, 30%, 35%). Uji Sifat Fisik disajikan dalam bentuk tabel, Uji Organoleptik dianalisis dengan uji statistik *One Way Anova* dan apabila terdapat perbedaan dilanjutkan dengan uji *Duncans Multiple Range Test*, Kadar Serat Pangan dianalisis dengan uji statistik *One Way Anova* dan apabila terdapat perbedaan dilanjutkan dengan uji *Duncans Multiple Range Test*, Analisis Daya Terima Konsumen dianalisis menggunakan metode deskriptif.
Hasil. Hasil sifat fisik menunjukkan semakin banyak persentase sari kacang hijau yang ditambahkan maka warna, aroma, rasa dan tekstur semakin meningkat. Hasil sifat organoleptik menunjukkan terdapat pengaruh yang signifikan (P<0,05), puding sakachi yang paling disukai dari segi warna adalah puding sakachi perlakuan P1 (25% sari kcang hijau), sedangkan dari segi aroma, rasa dan tekstur adalah puding sakachi perlakuan P2 (30% sari kacang hijau). Sampel dengan penambahan sari kacang hijau 35% memiliki kadar serat lebih tinggi (3,5 g/120 g).
Kesimpulan. Puding Sari Kacang Hijau (SAKACHI) yang paling diterima oleh panelis serta dapat dikembangkan berdasarkan sifat organoleptik dan kadar serat pangan yaitu perlakuan P2 dengan penambahan sari kacang hijau 30%.

Kata Kunci. Sari Kacang Hijau, Puding SAKACHI, Sifat Fisik, Sifat Organoleptik, Kadar Serat Pangan, Daya Terima Konsumen, Obesitas

THE EFFECT OF VARIATIONS IN THE ADDITION OF MUNG BEAN JUICE ON PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, DIETARY FIBER CONTENT AND CONSUMER ACCEPTANCE IN MAKING MUNG BEAN JUICE PUDDING (SAKACHI) AS AN ALTERNATIVE HIGH FIBER DISH FOR OBESE PEOPLE

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ABSTRACT

Background : The increase in non-communicable diseases (NCDs), such as obesity, was related to the low consumption of dietary fiber in the community. Prevention could be done by adopting a high-fiber diet. Mung beans were one of the functional foods that were high in fiber, but their utilization had not been maximized. Pudding, as a dessert that was favored by the public and easy to process, had the potential to increase food fiber consumption, especially through the addition of mung bean juice in the making of sakachi pudding.
Objective : To determine the physical properties, organoleptic properties, dietary fiber content, and consumer acceptance of variations in the addition of mung bean juice to sakachi pudding.
Methods : This research used a quasi-experiment with a Simple Randomized Design (RAS) consisting of 4 variations of mung bean juice addition (0%, 25%, 30%, 35%). Physical Properties Test was presented in tabular form, Organoleptic Test was analyzed by One Way ANOVA statistical test, and if there was a difference, it was followed by Duncan's Multiple Range Test. Food Fiber Content was analyzed using One Way ANOVA and followed by Duncan's Multiple Range Test if there was a significant difference. Consumer Acceptance was analyzed using descriptive methods.
Results : The results of the physical properties showed that the more mung bean juice was added, the color, aroma, taste, and texture increased. The results of the organoleptic test showed a significant effect ($P<0.05$). The most preferred sakachi pudding in terms of color was treatment P1 (25% mung bean juice), while in terms of aroma, taste, and texture was treatment P2 (30% mung bean juice). The sample with 35% mung bean juice had the highest dietary fiber content (3.5 g/120 g).
Conclusion : Mung bean juice pudding (SAKACHI), which was most accepted by panelists and could be developed based on organoleptic properties and dietary fiber content, was treatment P2 with the addition of 30% mung bean juice.

Keywords. Mung bean juice, SAKACHI pudding, physical properties, organoleptic properties, dietary fiber content, consumer acceptance, obesity.