

VARIATION OF JACKFRUIT SEED FLOUR (*Artocarpus heterophyllus Lamk.*) MIXING ON THE PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, AND DIETARY FIBER CONTENT OF “BIKA” BAKPAO AS AN ALTERNATIVE SNACK TO PREVENT OBESITY

Josephine Janma Warastri Putukerto¹, Noor Tifauzah², Rini Wuri Astuti³

¹²³Departemen of Nutrition Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : putukertojosephine@gmail.com

ABSTRACT

Background : Obesity in Indonesia is increasing due to low fiber intake (Riskesdas, 2018). Fiber plays a crucial role in obesity prevention and can be obtained from local foods, such as jackfruit seeds, which are rich in carbohydrates, protein, and fiber. Bakpao, a popular food for people of all ages, has been developed by adding jackfruit seed flour and red bean paste filling to increase its fiber content. This product is expected to be a healthy snack alternative that supports nutritional adequacy and has the potential to help prevent obesity.

Objective : To determine the differences in physical properties, organoleptic properties, and dietary fiber content of bakpao with variations in jackfruit seed flour mixture.

Method : The research design used a pure experiment with a simple randomized design. Treatments consisted of four levels of jackfruit seed flour: 0%, 5%, 10%, and 15%. Testing included physical property analysis by the researchers and two enumerators, organoleptic testing by 25 semi-trained panelists, and dietary fiber analysis using a multienzyme method.

Result : The results of the physical properties analysis show that the higher the percentage of jackfruit seed flour, the color of the bakpao tends to be cream to light brown, the taste and aroma are more distinctive of jackfruit seeds, and the texture becomes denser, less soft, and slightly gritty.

Conclusion : There were differences in physical properties, organoleptic properties, and dietary fiber content based on the jackfruit seed flour mixture. The bakpao most preferred by panelists was the bakpao treatment C (10%), which has potential for development in terms of physical properties, organoleptic properties, dietary fiber content, and nutritional value.

Keywords : Bakpao, jackfruit seeds, physical properties, organoleptic properties, dietary fiber content.

VARIASI PENCAMPURAN TEPUNG BIJI NANGKA (*Artocarpus heterophyllus Lamk.*) TERHADAP SIFAT FISIK, SIFAT ORGANOLEPTIK, DAN KADAR SERAT PANGAN BAKPAO “BIKA” SEBAGAI ALTERNATIF KUDAPAN PENCEGAH OBESITAS

Josephine Janma Warastri Putukerto¹, Noor Tifauzah², Rini Wuri Astuti³

¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi 3, Banyuraden, Gamping, Sleman, Yogyakarta, 55293

Email : putukertojosephine@gmail.com

ABSTRAK

Latar Belakang : Obesitas di Indonesia meningkat seiring rendahnya asupan serat (Risksedas, 2018). Serat berperan penting dalam pencegahan obesitas dan dapat diperoleh dari bahan pangan lokal, seperti biji nangka yang kaya karbohidrat, protein, dan serat. Bakpao, makanan populer di berbagai usia, dikembangkan dengan penambahan tepung biji nangka dan isian pasta kacang merah untuk meningkatkan kandungan seratnya. Produk ini diharapkan menjadi alternatif kudapan sehat yang mendukung kecukupan gizi dan berpotensi membantu pencegahan obesitas.

Tujuan : Mengetahui perbedaan sifat fisik, sifat organoleptik, dan kadar serat pangan bakpao terhadap variasi pencampuran tepung biji nangka.

Metode : Jenis dan desain penelitian menggunakan eksperimen murni dengan rancangan acak sederhana. Perlakuan terdiri dari empat tingkat pencampuran tepung biji nangka, yaitu 0%, 5%, 10%, dan 15%. Pengujian meliputi analisis sifat fisik oleh peneliti beserta dua enumerator, uji organoleptik oleh 25 panelis agak terlatih, serta analisis kadar serat pangan menggunakan metode multienzim.

Hasil : Hasil analisis sifat fisik menunjukkan bahwa semakin tinggi persentase tepung biji nangka, warna bakpao cenderung krem hingga cokelat muda, rasa dan aroma semakin khas biji nangka, serta teksturnya menjadi lebih padat, kurang lembut, dan sedikit berpasir.

Kesimpulan : Terdapat perbedaan sifat fisik, sifat organoleptik dan kadar serat pangan terhadap variasi pencampuran tepung biji nangka. Bakpao yang paling disukai panelis adalah bakpao perlakuan C (10%) dengan potensi untuk dikembangkan dari segi sifat fisik, organoleptik, kadar serat pangan, dan nilai gizinya.

Kata Kunci : Bakpao, biji nangka, sifat fisik, sifat organoleptik, kadar serat pangan.