

VARIASI CAMPURAN TEPUNG KACANG MERAH DAN KACANG HIJAU TERHADAP SIFAT FISIK, ORGANOLEPTIK DAN SERAT PANGAN PADA PEMBUATAN *SNACK BAR*

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ABSTRAK

Latar Belakang : Rendahnya konsumsi serat masyarakat Indonesia mendorong pengembangan pangan selingan tinggi serat berbasis bahan pangan lokal. Kacang merah dan kacang hijau kupas merupakan sumber serat, protein, dan antioksidan yang berpotensi dimanfaatkan sebagai bahan utama pembuatan *snack bar*. Penggunaan kedua bahan tersebut diharapkan dapat menghasilkan produk pangan yang bergizi, praktis, dan dapat diterima masyarakat.

Tujuan : Penelitian ini bertujuan untuk mengetahui variasi campuran tepung kacang merah dan kacang hijau terhadap sifat fisik, organoleptik dan serat pangan pada pembuatan *snack bar*.

Metode : Jenis penelitian ini adalah eksperimental murni dengan desain penelitian rancangan acak lengkap. Terdapat 4 perlakuan dengan campuran tepung mocaf dan oat (kontrol) 50% : 50%, campuran tepung kacang merah dan kacang hijau kupas 65% : 35%, 70% : 30%, 75% : 25%. Sifat fisik dianalisis secara deskriptif. Sifat organoleptik dianalisis dengan uji statistik *Kruskall Wallis*, apabila ada perbedaan dilanjutkan uji *Mann Whitney*. Kadar serat dianalisis dengan uji statistik *One Way Anova*, apabila ada perbedaan dilanjutkan dengan uji *Duncan*. Penelitian ini dilaksanakan dari April hingga Juni 2026.

Hasil : Sifat fisik menunjukkan bahwa semakin banyak campuran tepung kacang merah pada *snack bar*, warna semakin coklat, aroma semakin langu, rasa semakin langu, dan tekstur semakin keras. Sifat organoleptik menunjukkan bahwa *snack bar* yang paling disukai oleh panelis secara keseluruhan adalah *snack bar* perlakuan C (70%:30%). Uji kadar serat menunjukkan semakin banyak campuran tepung kacang merah, kadar serat dalam *snack bar* semakin turun.

Kesimpulan : Ada pengaruh variasi campuran tepung kacang merah dan kacang hijau terhadap sifat fisik, organoleptik dan serat pangan pada pembuatan *snack bar*.

Kata Kunci : *Snack bar*, tepung kacang merah, kacang hijau, sifat fisik, organoleptik, serat pangan.

VARIATION OF RED BEAN AND MUNG BEAN FLOUR MIXTURES ON THE PHYSICAL, ORGANOLEPTIC, AND DIETARY FIBER PROPERTIES OF SNACK BARS

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ABSTRACT

Background : The low dietary fiber intake among the Indonesian population has encouraged the development of high-fiber snack products based on local food ingredients. Red beans and dehulled mung beans are sources of dietary fiber, protein, and antioxidants that have the potential to be utilized as the main ingredients in snack bar production. The use of these ingredients is expected to produce nutritious, practical, and consumer-acceptable food products.

Objective : This study aimed to determine the effect of variations in the proportion of red bean flour and mung bean flour mixtures on the physical properties, organoleptic characteristics, and dietary fiber content of snack bars

Methods : This study employed a true experimental design using a Completely Randomized Design (CRD). Four treatments were applied: a control formulation consisting of mocaf flour and oats (50%:50%), and three formulations containing red bean flour and dehulled mung bean flour at ratios of 65%:35%, 70%:30%, and 75%:25%, respectively. Physical properties were analyzed descriptively. Organoleptic characteristics were analyzed using the Kruskal–Wallis test, followed by the Mann–Whitney test when significant differences were found. Dietary fiber content was analyzed using One-Way ANOVA, followed by Duncan’s Multiple Range Test. The study was conducted from April to June 2026.

Results : The physical property analysis showed that increasing the proportion of red bean flour resulted in darker brown color, stronger beany aroma, stronger beany taste, and a harder texture of the snack bars. Organoleptic evaluation indicated that treatment C (70%:30%) was the most preferred formulation by the panelists overall. Dietary fiber analysis showed that increasing the proportion of red bean flour decreased the dietary fiber content of the snack bars.

Conclusion : Variations in the proportion of red bean flour and mung bean flour significantly affected the physical properties, organoleptic characteristics, and dietary fiber content of snack bars

Keywords : snack bar, red bean flour, mung bean flour, physical properties, organoleptic characteristics, dietary fiber.