

**UJI ORGANOLEPTIK DAN KADAR SERAT PADA *COOKIES* DENGAN
PENAMBAHAN JANTUNG PISANG KEPOK
(*Musa paradisiaca L.*) BAGI PENDERITA DIABETES MELLITUS**

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ABSTRAK

Penganekaragaman pengolahan Jantung Pisang Kepok dapat menjadi alternatif bagi penderita Diabetes Melitus karena didalam Jantung Pisang Kepok terdapat kandungan serat sebanyak 1,38 gram, serat dapat membantu mengontrol gula darah bagi penderita Diabetes Mellitus. Penelitian ini bertujuan untuk mengetahui uji organoleptik dan kadar serat pada *cookies* setelah diberi penambahan jantung pisang Kepok. Alasan dibuat *cookies* karena tahan lama dan praktis untuk dikonsumsi.

Penelitian ini dilaksanakan bulan Oktober 2016 – Juli 2017. Penelitian pada pengembangan formulasi menggunakan jenis penelitian eksperimental, sedangkan pada uji organoleptik dengan desain Rancangan Acak Lengkap (RAL). Terdapat 3 formulasi *Cookies* dengan kadar Jantung Pisang yang berbeda. Panelis sebanyak 20 orang dengan kategori agak terlatih. Teknik analisis yang digunakan adalah deskriptif dan analisis statistik dengan menggunakan *Kruskal Wallis* untuk mengetahui adanya perbedaan daya terima terhadap *Cookies* Jantung Pisang Kepok antar perlakuan.

Hasil uji organoleptik menunjukkan formula *Cookies* Jantung Pisang Kepok yang paling disukai oleh panelis adalah formula 1 dengan kode 158 (Tepung Terigu 140 gram : Jantung Pisang 10 gram). Berdasarkan uji laboratorium kadar serat pada formula 1 sebanyak 0,23 % (0,15 gram), formula 2 (Kode 249) sebanyak 0,38 % (0,25 gram) dan pada formula 3 (kode 367) sebanyak 0,52 % (0,34 gram), jadi *Cookies* Jantung Pisang Kepok yang disukai panelis berdasarkan uji Organoleptik pada formula 1 (kode 158) dan kadar serat paling tinggi pada formula 3 (kode 367) sebesar 0,52 % kadar serat *Cookies* Jantung Pisang Kepok sesuai dengan standart *Cookies* dalam Biskuit sebesar 0,5 % berdasarkan SNI 01-2973-1992.

Kata Kunci : *Cookies* Jantung Pisang Kepok, Daya Terima, Kadar Serat Kasar

**ORGANOLEPTIC AND FIBER CONTENT TEST ON COOKIES WITH
THE ADDITION OF KEPOK BANANA FLOWER
(*Moses paradisiaca L.*) FOR PEOPLE WITH DIABETES MELLITUS
PATIENTS**

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ABSTRACT

Biodiversity in the processing of Kepok Banana Flower can be an alternative for Diabetes Mellitus patients because in the Kepok Banana Flower there is a fiber content by 1.38 grams, fiber can help control blood sugar for people with Diabetes Mellitus. This study aims to determine the organoleptic test and fiber content in *cookies* after being given the addition of Kepok Banana Flower. The reason for making *cookies* because it is durable and practical to be consumed.

This research was conducted on October 2016 - July 2017. The research on formulation development used experimental research type, while on organoleptic test, it was used Complete Random Design (RAL) design. There were 3 *Cookies* formulations with different levels of Banana Flower. There were as many as 20 Panelists with a rather trained category. The analytical technique used was descriptive and the statistical analysis used Kruskal Wallis to know the difference of acceptance on *Cookies* of Kepok Banana Flower among treatments.

The results of organoleptic test show that the formula of *Cookies* of Banana Flower most favored by panelist is formula 1 with code 158 (Wheat Flour 140 gram: Banana Flower 10 gram). Based on laboratory test of fiber content of formula 1 as many as 0,23% (0,15 gram), formula 2 (Code 249) 0,38% (0,15 gram) and formula 3 (code 367) 0,52% (0,34 gram), the *Cookies* of Kepok Banana Flower favored by panelist based on Organoleptic test is in formula 1 (code 158) and the highest fiber content is in formula 3 (code 367) by 0.52% (0,34 gram) of *Cookies* content of Kepok Banana Flower in accordance with *cookies* Standards in Biscuit by 0.5% based on SNI (Indonesian National Standard) 01-2973-1992.

Keywords: Kepok Banana Flower Cookies, Receptivity, Crude Fiber Content