

**DAYA TERIMA DAN KADAR SERAT YOGHURT DEAPELA
(KEDELAI, APEL HIJAU DAN BUNGA TELANG) SEBAGAI
ALTERNATIF KUDAPAN TINGGI SERAT UNTUK
PENDERITA HIPERKOLESTEROLEMIA**

ABSTRAK

Latar Belakang hiperkolesterolemia dapat menimbulkan aterosklerosis yang berdampak pada stroke dan penyakit jantung koroner. Hiperkolesterolemia dapat diturunkan kadarnya dengan mengonsumsi makanan yang mengandung tinggi serat seperti kacang kedelai, apel hijau dan bunga telang. Salah satu upaya untuk mengembangkan bahan tersebut menjadi alternatif kudapan tinggi serat untuk penderita hiperkolesterolemia dengan modifikasi yoghurt. **Tujuan** untuk mengidentifikasi hasil uji daya terima (aroma, rasa, warna, tekstur) dan kadar serat produk yoghurt DEAPELA. **Metode** penelitian ini berupa penelitian *true experimental* dengan 3 formulasi yoghurt dengan penambahan kacang kedelai, buah apel hijau manalagi dan bunga telang dengan formula yang berbeda YD1 (49%:44%:7%), YD2 (50%:42%:8%), YD 3 (51%:40%:9%) serta 1 formulasi *control* YD0 (0%:0%:0%). Analisis data menggunakan uji *Kruskal Wallis* dan *Mann Whitney*. Satu formulasi terbaik dan formulasi *control* akan dilakukan uji kadar serat. **Hasil** uji daya terima rerata nilai pada formula perlakuan YD1 3,72 artinya netral, YD2 3,41 artinya netral, YD3 3,82 artinya netral serta formula *control* YD0 3,88 artinya netral. Hasil uji kadar serat pada formula terbaik YD3 7,29 gram dan formula *control* 6,56 gram. **Kesimpulan** penelitian ini, formulasi yang paling disukai adalah formula YD3 dan memiliki kandungan serat lebih tinggi dibandingkan formula *control*. Kandungan serat yoghurt DEAPELA ½ cup (50-60 ml) yaitu 3,6–4,37 gram telah mencukupi kebutuhan serat 1x makan kudapan 2,5–3,8 gram. **Saran** perbaikan mutu dari segi rasa dan aroma dilakukan dengan meningkatkan konsentrasi sari apel dan perisa vanilli agar dapat diterima konsumen. Konsumsi yoghurt DEAPELA 1 cup (100 ml) per hari telah mencukupi kebutuhan serat kudapan sehari untuk mencegah dan meminimalisir hiperkolesterolemia.

Kata Kunci : Hiperkolesterolemia, Kacang Kedelai, Apel Hijau, Bunga Telang, Yoghurt, Daya Terima, Kadar Serat

**ACCEPTANCE AND FIBER CONTENT OF DEAPELA (SOYBEAN,
GREEN APPLE, AND BUTTERFLY PEA FLOWER) YOGURT
AS AN ALTERNATIVE HIGH FIBER SNACK FOR
HYPERCHOLESTEROLEMIA**

ABSTRACT

Background Hypercholesterolemia can cause atherosclerosis which leads to stroke and coronary heart disease. Hypercholesterolemia can be reduced by consuming foods that contain high fiber such as soybeans, green apple, and butterfly pea flowers. One of the ways to develop the ingredients into an alternative high-fiber snack for people with hypercholesterolemia is by modifying yogurt. **Objective** is to identify the results of the acceptability test (aroma, taste, color, texture) and fiber content of DEAPELA yogurt. **Method** This research is a type of true experimental research with 3 yogurt formulations with the addition of soybeans, green apple, and butterfly pea flowers with different formulas YD1 (49%: 44%: 7%), YD2 (50%: 42%: 8%), YD3 (51%: 40%: 9%) and 1 control formulation YD0 (0%: 0%: 0%). Data will be analyzed using Kruskal Wallis and Mann Whitney tests. One of the best formulations and control formulas will be tested for fiber content. **Results** of the acceptability test of the average value in the treatment formula YD1 3.72 is neutral, YD2 3.41 is neutral, YD3 3.82 is neutral and the control formula YD0 3.88 is neutral. The test results of fiber content in the best formula YD3 were 7.29 grams and the control formula was 6.56 grams. **Conclusion** of this study is that the most preferred formulation is formula YD3 which has a higher fiber content compared to the control formula. The fiber content in ½ cup (50-60 ml) of DEAPELA yogurt is 3.6-4.37 grams, it is sufficient to meet the fiber needs for 1x snack meal which is 2.5-3.8 grams. **Recommendation** to improve the aroma and taste by increasing the concentration of apple extract and vanilla essence to be accepted by consumers. Consumption of 1 cup (100 ml) DEAPELA yogurt per day is sufficient to meet the daily snack fiber needs to prevent and minimize hypercholesterolemia.

Keywords: Hypercholesterolemia, Soybean, Green Apple, Butterfly Pea Flower, Yogurt, Acceptability, Fiber Content