

## **Kandungan Protein, Serat Pangan, dan Mutu Organoleptik Pada *Snack Bar* Tepung Sacha Inchi dan Tepung Jagung**

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### **ABSTRAK**

**Latar belakang:** Indonesia telah menjadi negara peringkat ketiga dunia dengan tingkat kematian tertinggi disebabkan oleh penyakit kardiovaskular. Salah satu upaya penanggulangan hal tersebut adalah dengan konsumsi *snack bar* tepung sacha inchi dan tepung jagung yang memiliki protein dan serat yang tinggi.

**Tujuan:** Menganalisis kandungan protein, serat pangan, dan mutu organoleptik *snack bar* tepung sacha inchi dan tepung jagung.

**Metode:** Penelitian eksperimental dengan perbandingan tepung sacha inchi dan tepung jagung, yaitu F0 (0%:0%), F1 (60%:40%), F2 (50%:50%), F3 (40%:60%). Kadar protein diuji menggunakan metode kjeldahl, uji serat pangan menggunakan metode multienzim, dan uji mutu organoleptik menggunakan uji hedonik. Analisis data menggunakan *One-Way ANOVA* dan *Kruskal-Wallis*.

**Hasil:** Terdapat perbedaan bermakna terhadap kadar protein, serat pangan ( $p < 0,001$ ) dan mutu organoleptik ( $p < 0,05$ ). Kadar protein dan serat pangan tertinggi ada pada formulasi F2 dengan kadar masing-masing sebesar 10,82% dan 11,36%. Hasil uji mutu organoleptik menunjukkan bahwa formulasi F1 kurang disukai dibandingkan formulasi F0, F2, dan F3 karena memiliki warna yang terlalu gelap, memiliki aroma langu, terdapat *aftertaste* pahit, serta memiliki tekstur yang terlalu rapuh dan berpasir.

**Simpulan:** Kombinasi tepung sacha inchi dan tepung jagung memberikan perbedaan yang bermakna terhadap kadar protein, serat pangan, dan mutu organoleptik.

**Kata kunci:** protein, serat pangan, *snack bar*, sacha inchi, jagung

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## **Protein Content, Dietary Fiber, and Organoleptic Quality of Sacha Inchi Flour and Corn Flour Snack Bars**

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### **ABSTRACT**

**Background:** Indonesia ranks third globally in terms of the highest mortality rates due to cardiovascular disease. One of the efforts to address this issue is the consumption of snack bars made from sacha inchi flour and corn flour, which are high in protein and fiber.

**Objective:** To analyze the protein content, dietary fiber, and organoleptic quality of snack bars made from sacha inchi flour and corn flour

**Methods:** An experimental study examined different ratios of sacha inchi flour and corn flour: F0 (0%:0%), F1 (60%:40%), F2 (50%:50%), and F3 (40%:60%), with each snack bar weighing 30 grams. Protein content was tested using the kjeldahl method, dietary fiber content was tested using the multi-enzim method, and organoleptic quality was tested using a hedonic test. Data were analyzed using One-Way ANOVA and the Kruskal-Wallis test.

**Result:** Significant differences were observed in protein content, dietary fiber ( $p < 0,001$ ), and organoleptic quality ( $p < 0.05$ ). The highest protein and dietary fiber content was found in formulation F2, with 10.82% and 11.36%, respectively. The organoleptic quality test results showed that formulation F1 was less preferred than formulations F0, F2, and F3 due to its excessively dark color, beany aroma, bitter aftertaste, and overly fragile and grainy texture.

**Conclisions:** The combination of sacha inchi flour and corn flour significantly influenced protein content, dietary fiber, and organoleptic quality.

**Keywords:** protein, dietary fiber, snack bar, sacha inchi, corn

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