

## ABSTRAK

### **POTENSI *SNACK BAR* BERBAHAN DASAR TEMPE DAN KURMA SEBAGAI PANGAN FUNGSIONAL PENUNJANG *ENDURANCE SPORT***

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Latihan yang dilakukan secara terus-menerus dapat mengakibatkan menurunnya kekuatan otot, rasa nyeri, kekakuan dan berkurangnya kapasitas untuk berolahraga di tingkat optimal. Tempe merupakan sumber protein yang banyak diminati oleh masyarakat Indonesia, karena harganya yang relatif murah, dan banyak mengandung zat gizi setiap 100 g tempe mengandung protein 20,8 g, lemak 8,8 g, serat 1,4 g, kalsium 155 mg, fosfor 326 mg, zat besi 4 mg. Tujuan penelitian ini yaitu, untuk mengetahui dan menganalisis perbedaan kandungan zat gizi serta daya terima *snack bar* berbahan dasar tempe dan kurma. Dilakukan metode eksperimental dengan menggunakan desain Rancangan Acak Lengkap (RAL) satu faktorial dengan tiga taraf perlakuan (F1, F2, F3) dan dua kali ulangan analisis (duplo). Berdasarkan hasil penelitian ini terdapat tiga formulasi F1 sampai F3 dengan perbandingan tempe dan kurma masing-masing yaitu, 120 g : 180 g; 85 : 215 g dan 50 g : 250 g. Formulasi terpilih yaitu, F2 yang memiliki kadar air 20,09%, kadar abu 2,23%, protein 12,92%, lemak 3,15%, karbohidrat 61,60%, natrium 0,8% serta kandungan kalium sebesar 4,18% per 100 gramnya.

**Kata Kunci :** *Electrolit, Kurma, Protein, Snack Bar, Tempe*

## ABSTRACT

### POTENTIALS SNACK BAR BASED ON TEMPEH AND DATE FRUITAS FUNCTIONAL FOOD SUPPORT ENDURANCE SPORT

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Exercises carried out continuously can result in decreased muscle strength, pain, stiffness and reduced capacity to exercise at an optimal level. Tempe is a source of protein that is in great demand by Indonesians, because the price is relatively cheap, and contains lots of nutrients every 100 g of tempeh contains 20.8 g of protein, 8.8 g of fat, 1.4 g of fiber, 155 mg of calcium, phosphorus 326 mg, iron 4 mg. The objective of this study is to find out and analyze differences in nutrient content and the acceptance of snack bars made from tempeh and dates. The Experimental method was used by using a factorial completely randomized design (RAL) with three treatment levels (F1, F2, F3) and two repetitions of analysis (Duplo). Based on the results of this study there are three formulations F1 to F3 with a comparison of tempeh and dates respectively, namely 120 g: 180 g; 85: 215 g and 50 g: 250 g. The selected formulations are, F2 which has a moisture content of 20.09%, ash content 2.23%, protein 12.92%, fat 3.15%, carbohydrate 61.60%, sodium 0.8% and the content of potassium by 4, 18% per 100 grams.

**Keywords:** *Electrolyte, Dates, Proteins, Snack Bar, Tempe.*