

ABSTRACT

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UTILIZATION OF PURPLE SWEET POTATO FLOUR AND GREEN BEAN FLOUR IN THE MAKING OF *SNACK BARS* FOR *SPORTS ENTHUSIAST*

xi, VI CHAPTER, 94 Pages, 46 Tables, 12 Images, 10 Attachments

The right nutrition is very important to optimize post-exercise recovery (Moore, 2015). **Objective:** from this research is to utilize local raw materials of purple sweet potatoes and green beans in making snack bars for sports enthusiasts. **Method:** This type of research is an experimental study with four formulations for making snack bars with a comparison between purple sweet potato flour and green bean flour, namely 10:20, 13:17, 15:15, 17:13. The collected data will be statistically tested to see whether there are differences in organoleptic results from the four snack bar formulations. The statistical test used is Anova Test or F Test, if there are significant differences (p -values < 0.05) then it is followed by the Bonferroni test. **The results of the study:** the results showed that the formulation of F3 as the selected formulation (15 grams of purple yam flour: 15 grams of mungbean flour) had the preferred level of acceptance and desired characteristics, antioxidant activity with IC50 8,136 ppm and nutrient content for water content 8.7 g , 1.2 g ash content, 8.52 g protein content, 9.354 g fat content, 32.142 g carbohydrate, and 246.8 kcal energy. **Conclusion:** In the hedonic test the parameters of color, aroma, taste, and texture, hedonic quality test parameters for color, aroma, taste, and texture, as well as nutritional value, antioxidant activity, and TPC test there were significant differences between the four formulations (p -value < 0.05). In the next study, it was suggested to analyze more specifically the antioxidant content of the snack bar, especially the anthocyanin content, vitamin C, vitamin E, vitamin A and selenium. It can also be directly traded on sports enthusiasts.

Keywords: Purple sweet potatoes flour, green beans flour, *snack bars*, athletes, sports, *recovery*