

ABSTRAK

Pendahuluan : Penganekaragaman konsumsi pangan dapat berupa penggunaan pangan fungsional. Ampas kelapa dan kedelai merupakan pangan fungsional yang berpotensi untuk dikembangkan menjadi roti tawar yang memiliki nilai gizi sumber protein. **Tujuan** : untuk mengetahui sifat sensori, daya terima, dan nilai gizi dari pengembangan roti tawar dengan penambahan tepung ampas kelapa (*cocos nucifera l.*) dan tepung kedelai (*glycine max*) sebagai alternatif *snack* sumber protein. **Metode** : Penelitian ini termasuk dalam jenis penelitian eksperimental menggunakan Rancangan Acak Lengkap (RAL) dua faktor dengan empat taraf perlakuan. Alat-alat yang digunakan dalam pembuatan roti tawar adalah neraca analitik (Camry), digital spoon scale (RoHS), oven tangkring (Fliper), loyang pemanggang, roller, alas rolling silikon, gelas ukur dan mixer (Han River). Pengolahan data menggunakan uji ANOVA untuk melihat perbedaan pada daya terima terhadap formulasi roti tawar. Uji Anova merupakan metode statistik yang digunakan untuk menguji perbedaan pada > 2 kelompok. Dalam penelitian ini didapatkan 4 formulasi terbaik dengan perbandingan tepung kedelai : tepung ampas kelapa yaitu, F0 (0%:0%), F1 (60%:40%), F2 (50%:50%), dan F3 (40%:60%). **Hasil** : Formulasi terpilih berdasarkan yang paling disukai dan memiliki karakteristik yang paling sesuai adalah F3 (40%:60%) atau komposisi tepung kedelai sebanyak 32gr dan tepung ampas kelapa sebanyak 48gr. Berdasarkan hasil nilai gizi, semua formulasi dan nilai gizi memiliki perbedaan nilai gizi secara nyata. Sedangkan jika dibandingkan dengan syarat mutu SNI dan Direktorat Gizi Depkes kadar abu pada F1 dan F2, kadar lemak pada F1, kadar karbohidrat pada semua formulasi dan kadar serat kasar pada F0 yang tidak memenuhi syarat mutu SNI dan Direktorat Gizi Depkes. F1, F2 dan F3 memenuhi klaim sumber protein. Hasil nilai gizi formula terpilih (F3) adalah kadar air 38,67%, kadar abu sebanyak 1%, kadar protein sebanyak 9,93%, kadar lemak sebanyak 2,8%, kadar karbohidrat sebanyak 49,16%, dan kadar serat kasar sebanyak 6,57%. Hasil uji hedonik menunjukkan tidak ada perbedaan kesukaan (aroma, rasa, warna, tekstur dan keseluruhan) roti secara nyata, yang berarti roti tawar dengan penambahan tepung ampas kelapa dan tepung kedelai tidak mempengaruhi keseluruhan roti tawar dan roti tawar tetap disukai oleh panelis konsumen. Penerimaan konsumen terhadap terhadap roti tawar dengan penambahan tepung ampas kelapa dan tepung kedelai yang paling sesuai yaitu F3 jika dilihat dari segi kimia (kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, kadar serat kasar) dan sensori (aroma, rasa, warna, tekstur, keseluruhan). **Kesimpulan** : Tepung ampas kelapa dan tepung kedelai dapat dikembangkan menjadi roti tawar yang diterima dan hampir memenuhi SNI dan Direktorat Gizi Depkes.

Kata kunci: Roti Tawar, Tepung Ampas Kelapa, Tepung Kedelai, Sumber Protein.

ABSTRACT

Introduction: Diversity of food consumption can be in the form of functional food use. Coconut and soybean pulp is a functional food that has the potential to be developed into fresh bread that has nutritional value of protein sources. **Objective:** to know the sensory properties, acceptables, and nutritional value of the development of fresh bread with the addition of coconut pulp flour (*cocos nucifera l.*) and soy flour (*glycine max*) as an alternative snack source of protein. **Method:** This research is included in the experimental research type using a complete randomized design (RAL) two factors with four levels of treatment. Tools used in the manufacture of fresh bread are analytical balance sheets (Camry), digital spoon scale (RoHS), oven tangkring (Fliper), baking grills, rollers, silicone rolling mats, measuring cups and mixers (Han River). Data processing uses the ANOVA test to see the difference in the acceptable power of fresh bread formulations. Anova test is a statistical method used to test differences in > 2 groups. In this study obtained 4 best formulations with the comparison of soy flour: coconut pulp flour, namely, F0 (0%:0%), F1 (60%:40%), F2 (50%:50%), and F3 (40%:60%). **Result:** The selected formulation based on the most preferred and most suitable characteristics is F3 (40%:60%) or the composition of soy flour as much as 32gr and coconut pulp flour as much as 48gr. Based on the results of nutritional value, all formulations and nutritional values have a real difference in nutritional value. While when compared with the quality requirements of SNI and the Directorate of Nutrition Ministry of Health ash levels in F1 and F2, fat content in F1, carbohydrate levels in all formulations and crude fiber content in F0 that do not meet the quality requirements of SNI and the Directorate of Nutrition Ministry of Health. F1, F2 and F3 meet protein source claims. The nutritional value of the selected formula (F3) is water content of 38.67%, ash content of 1%, protein content of 9.93%, fat content of 2.8%, carbohydrate content of 49.16%, and crude fiber content of 6.57%. Hedonic test results showed no difference in the taste (flavour, taste, color, texture and overall) of bread in real terms, which meant that fresh bread with the addition of coconut pulp flour and soy flour did not affect the overall fresh bread and fresh bread remained favored by consumer panelists. Consumer acceptance of fresh bread with the addition of coconut pulp flour and soy flour is most suitable, namely F3 when viewed in terms of chemistry (water content, ash content, protein content, fat content, carbohydrate content, coarse fiber content) and sensory (aroma, taste, color, texture, overall). **Conclusion:** Coconut pulp flour and soy flour can be developed into fresh bread received and almost meet SNI and the Directorate of Nutrition Ministry of Health.

Keywords: Bread, Coconut Pulp Flour, Soy Flour, Protein Source