

ABSTRAK

NADIA NURUL MILAH

**FORMULASI *SNACK BAR* BERBAHAN DASAR TEPUNG UBI JALAR
UNGU DAN TEPUNG KACANG KEDELAI SEBAGAI ALTERNATIF
SELINGAN UNTUK PENDERITA HIPERTENSI**

Penurunan tekanan darah dapat dilakukan dengan penerapan pola hidup sehat salah satunya yaitu dengan meningkatkan asupan makanan rendah lemak dan tinggi serat dengan memanfaatkan pangan fungsional yang bersumber lokal. Tepung Ubi jalar ungu memiliki kandungan lemak yang rendah dan mengandung senyawa antosianin yang berfungsi sebagai antioksidan. Tepung kacang kedelai mengandung serat yang tinggi dan dapat menjadi bahan tambahan untuk memperkaya nilai gizi. Salah satu alternatif produk pangan olahan yang cocok dengan gaya hidup modern dan bisa dijadikan makanan selingan untuk penderita hipertensi adalah *snack bar*. Penelitian ini bertujuan untuk mengetahui pengaruh perbedaan formula tepung ubi jalar ungu dan kacang kedelai terhadap karakteristik sensori, kandungan lemak, kandungan serat, dan kekerasan (*hardness*) *snack bar* berbahan dasar tepung ubi jalar ungu dan kacang kedelai sebagai alternatif selingan untuk penderita hipertensi. Rancangan penelitian yang digunakan adalah Rancangan Acak Lengkap (RAL) dengan empat perlakuan (F0, F1, F2, dan F3) dan tiga kali pengulangan. Formula *snack bar* yaitu F0 (0% tepung ubi jalar ungu, 25% tepung kacang kedelai), F1 (5% tepung ubi jalar ungu, 20% tepung kacang kedelai), F2 (10% tepung ubi jalar ungu, 15% tepung kacang kedelai), dan F3 (20% tepung ubi jalar ungu, 5% tepung kacang kedelai). Uji organoleptik dilakukan pada 30 panelis yaitu Mahasiswa Gizi Fakultas Ilmu Kesehatan Universitas Siliwangi. Data dianalisis menggunakan uji *Kruskall Wallis*. Hasil uji organoleptik menunjukkan tidak terdapat pengaruh nyata ($p>0,05$) perbedaan formula tepung ubi jalar ungu dan kacang kedelai terhadap karakteristik sensori warna, rasa, aroma, dan tekstur antar formula. Formula terpilih dengan nilai rata-rata kesukaan tertinggi pada empat parameter penilaian yaitu formula F2. Formula terpilih (F2) mengandung 17,88% lemak, 2,33% serat, dan memiliki kekerasan sebesar 1.411,91 gForce. Formulasi tepung ubi jalar ungu dan kacang kedelai memberikan pengaruh nyata terhadap kandungan. Formula F2 dapat dijadikan alternatif selingan untuk penderita hipertensi sebanyak 2 – 4 saji per hari (@30g/saji) untuk memenuhi 10% kebutuhan lemak dan serat makanan selingan. Peneliti selanjutnya disarankan untuk melakukan analisis terkait kandungan zat gizi makro dan mikro, sehingga dapat diketahui kandungan gizi keseluruhan formula.

Kata Kunci : Ubi Jalar Ungu, Kacang Kedelai, Lemak, Serat, *Snack Bar*

**FACULTY OF SCIENCE HEALTH
SILIWANGI UNIVERSITY
TASIKMALAYA
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ABSTRACT

NADIA NURUL MILAH

SNACK BAR BASED ON PURPLE SWEET POTATO FLOUR AND SOYBEAN FLOUR AS AN ALTERNATIVE SNACK FOR HYPERTENSION

Reducing blood pressure can be done by implementing a healthy lifestyle, one of which is by increasing the intake of low-fat and high-fiber foods by utilizing locally sourced functional foods. Purple sweet potato flour has a low-fat content and contains anthocyanin compounds that function as antioxidants. Soybean flour contains high fiber and can be an additional ingredient to enrich nutritional value. One alternative processed food product that is suitable for modern lifestyles and can be used as a side dish for people with hypertension is snack bars. This study aims to determine the effect of different formulas of purple sweet potato flour and soybeans on sensory characteristics, fat content, fiber content, and hardness of snack bars made from purple sweet potato flour and soybeans as an alternative snack for people with hypertension. The research design used was a completely randomized design (CRD) with four treatments (F0, F1, F2, and F3) and three repetitions. The snack bar formulas were F0 (0% purple sweet potato flour, 25% soybean flour), F1 (5% purple sweet potato flour; 20% soybean flour), F2 (10% purple sweet potato flour; 15% soybean flour), and F3 (20% purple sweet potato flour; 5% soybean flour). Organoleptic tests were conducted on 30 panelists, namely Nutrition Students of the Faculty of Health Sciences, Siliwangi University. Data were analyzed using the Kruskal-Wallis test. The results of the organoleptic test showed that there was no significant effect ($p > 0.05$) of differences in purple sweet potato and soybean flour formulas on the sensory characteristics of color, taste, aroma, and texture between formulas. The selected formula with the highest average value of favorability in the four parameters of assessment is formula F2. The selected formula (F2) contains 17.88% fat, 2.33% fiber, and has a hardness of 1,411.91 gForce. The formulation of purple sweet potato and soybean flour has a significant effect on the content. Formula F2 can be used as an alternative snack for hypertensive patients as much as 2 - 4 servings per day (@ 30g/serving) to meet 10% of the fat and fiber needs of snack foods. Further researchers are advised to conduct an analysis related to the content of macro and micronutrients so that the overall nutritional content of the formula can be known.

Keywords : *Purple Sweet Potato, Soybean, Fat, Fiber, Snack Bars*