

**ABSTRAK**

**ANNISYA SYAHGIA DESPILANNI**

**PENGEMBANGAN FORMULA NASI KUNING INSTAN DENGAN PEWARNA TEPUNG WORTEL: ANALISIS DAYA TERIMA DAN KANDUNGAN SERAT**

Sarapan berperan penting dalam menyediakan energi awal serta mendukung fungsi kognitif dan produktivitas sepanjang hari. Kebiasaan melewatkan sarapan masih banyak terjadi pada kelompok dewasa awal, khususnya mahasiswa, akibat keterbatasan waktu dan kesibukan. Pada penelitian ini dikembangkan nasi kuning dalam bentuk produk instan dengan pewarna tepung wortel sebagai inovasi praktis sarapan sehat. Tujuan penelitian ini adalah menganalisis daya terima dan kandungan serat pangan pada nasi kuning instan dengan pewarna tepung wortel. Penelitian dilakukan menggunakan metode eksperimen dengan Rancangan Acak Lengkap (RAL) yang terdiri atas empat perlakuan dengan perbandingan nasi instan kering:tepung wortel, yaitu F0 (100%:0%), F1 (85%:15%), F2 (80%:20%), dan F3 (75%:25%). Uji organoleptik meliputi parameter warna, aroma, rasa, dan tekstur. Analisis hasil organoleptik menggunakan uji *Kruskal-Wallis* dan dilanjutkan dengan uji *Mann-Whitney*. Kandungan serat pangan diuji menggunakan metode enzimatik gravimetri. Hasil penelitian menunjukkan perbedaan nyata pada parameter warna dan rasa, sedangkan pada parameter aroma dan tekstur tidak menunjukkan perbedaan nyata antara formula kontrol dan formula terpilih. Formula F1 menjadi formula terpilih dengan nilai rata-rata organoleptik 3,94. Hasil uji kandungan serat menunjukkan formula F1 memiliki kandungan serat sebesar 8,14 g/100 g, lebih tinggi dibandingkan formula kontrol F0 yang hanya sebesar 3,17 g/100 g. Formula F1 mengandung energi sebesar 218,5 kkal/100 g, sehingga konsumsi  $\pm 2$  sajian mampu memenuhi sekitar 20% kebutuhan energi sarapan harian kelompok dewasa awal.

**Kata Kunci:** nasi kuning instan, serat pangan, tepung wortel

**ABSTRACT**

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**DEVELOPMENT OF INSTANT YELLOW RICE FORMULA WITH  
CARROT FLOUR COLOR: ANALYSIS OF ACCEPTABILITY AND FIBER  
CONTENT**

*Breakfast plays an important role in providing initial energy and supporting cognitive function and productivity throughout the day. The habit of skipping breakfast is still common among young adults, especially college students, due to time constraints and busy schedules. In this study, yellow rice was developed in the form of an instant product with carrot flour coloring as a practical innovation for a healthy breakfast. The purpose of this study was to analyze the acceptability and dietary fiber content of instant yellow rice with carrot flour coloring. The study was conducted using an experimental method with a completely randomized design (CRD) consisting of four treatments with a ratio of dry instant rice:carrot flour, namely F0 (100%:0%), F1 (85%:15%), F2 (80%:20%), and F3 (75%:25%). The organoleptic test included the parameters of color, aroma, taste, and texture. The organoleptic results were analyzed using the Kruskal-Wallis test, followed by the Mann-Whitney test. The dietary fiber content was tested using the gravimetric enzymatic method. The results showed significant differences in the color and taste parameters, while the aroma and texture parameters did not show significant differences between the control formula and the selected formula. Formula F1 was selected as the preferred formula with an average organoleptic score of 3.94. The fiber content test results showed that formula F1 had a fiber content of 8.14 g/100 g, higher than the control formula F0, which was only 3.17 g/100 g. Formula F1 contains 218.5 kcal/100 g of energy, so consuming  $\pm 2$  servings can meet approximately 20% of the daily breakfast energy requirements for young adults.*

**Keywords:** *carrot flour, dietary fiber, instant yellow rice*