

**ABSTRAK**

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**ANALISIS DAYA TERIMA DAN KANDUNGAN PROKSIMAT KUE SAGON KOMPOSIT TEPUNG KACANG MERAH DAN TEPUNG SAGU SEBAGAI CAMILAN *GLUTEN FREE CASEIN FREE***

Tren pola makan sehat, khususnya diet *gluten-free casein-free* (GFCF), semakin meningkat pada penderita celiac, alergi gluten, Autis, dan ADHD. Gluten dari gandum dan kasein dari susu memicu reaksi imun, sehingga permintaan produk bebas melonjak, dengan CAGR 8-11% di Asia termasuk Indonesia (KBV Research, 2021). Kue sagon tradisional berbahan dasar tepung beras ketan atau sagu bebas gluten-kasein, tapi rendah protein (2,8%) dan kurang menarik bagi anak muda. Modifikasi dengan tepung sagu (kaya karbohidrat, bebas gluten) dan tepung kacang merah (protein 15-19%) diharapkan meningkatkan tingkat zat gizi serta daya terima organoleptik, memanfaatkan sumber lokal untuk camilan sehat GFCF. Penelitian ini memiliki tujuan: Menganalisis perbedaan daya terima dan kandungan proksimat kue sagon komposit tepung kacang merah dan tepung sagu. Metode penelitian ini yaitu eksperimental dengan desain Rancangan Acak Lengkap (RAL). Formula kue sagon dibuat dengan tepung sagu dan tepung kacang merah F1 (85%:15%), F2 (70%:30%), F3 (55%:45%) dan formula kontrol F0 (100%:0%). Sampel penelitian terdiri dari 3 perlakuan dengan 3 kali pengulangan yang diujikan kepada 30 orang panelis. Hasil dari penilaian organoleptik diujikan dengan SPSS menggunakan uji Kruskal-wallis yang dilanjutkan dengan uji Mann-Whitney. Hasil analisis menunjukkan terdapat perbedaan yang nyata pada seluruh indikator uji organoleptik ( $p < 0,05$ ). Analisis kandungan proksimat meliputi kadar air (SNI 012891-1992 butir 5.1), kadar abu (SNI 012891-1992 butir 6.1), protein (Kjeldhal), lemak (soxhlet) dan karbohidrat (*by difference*), serta energi (perhitungan). Kandungan proksimat dianalisis dengan SPSS menggunakan uji One-way Anova. Hasil analisis kandungan proksimat kue sagon formula terpilih diperoleh kadar air 4,87%, abu 2,85%, protein 7,04%, lemak 25,2%, karbohidrat 59,9%, dan energi 495,3 kkal.

**Kata Kunci:** Bebas Gluten Bebas Kasein, Kue Sagon, Tepung Kacang Merah

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***ACCEPTABILITY AND PROXIMATE CONTENT OF SAGON CAKE RED BEAN FLOUR AND SAGO FLOUR COMPOSITE AS A GLUTEN-FREE, CASEIN-FREE SNACK***

*The trend of healthy eating, particularly gluten-free casein-free (GFCF) diets, is increasing in people with celiac disease, gluten allergies, Austisme Spectrum Disorder, and ADHD. Gluten from wheat and casein from milk trigger immune reactions, resulting in a surge in demand for gluten-free products, with a CAGR of 8-11% in Asia, including Indonesia (KBV Research, 2021). Traditional sagon cakes made from glutinous rice flour or sago are gluten-casein-free, but low in protein (2.8%) and less appealing to young people. Modifications with sago flour (rich in carbohydrates, gluten-free) and red bean flour (15-19%) are expected to improve nutritional levels and organoleptic acceptability, utilizing local sources for healthy GFCF snacks. This study aims to analyze the differences in acceptability and proximate content of sagon cakes made from red bean flour and sago flour. The research method was experimental with a Completely Randomized Design (CRD). The sagon cake formula was made with sago flour and red bean flour F1 (85%:15%), F2 (70%:30%), F3 (55%:45%) and the control formula F0 (100%:0%). The research sample consisted of 3 treatments with 3 repetitions tested on 30 panelists. The results of the organoleptic assessment were tested with SPSS using the Kruskal-Wallis test followed by the Mann-Whitney test. The analysis results showed significant differences in all organoleptic test indicators ( $p < 0.05$ ). Proximate content analysis included water content (SNI 012891-1992 point 5.1), ash content (SNI 012891-1992 point 6.1), protein (Kjeldhal), fat (soxhlet) and carbohydrates (by difference), and energy (calculation). Proximate content was analyzed with SPSS using the One-way Anova test. The results of the proximate content analysis of the selected formula of sagon cake obtained water content of 4.87%, ash 2.85%, protein 7.04%, fat 25.2%, carbohydrate 59.9%, and energy 495.3 kcal.*

**Keyword:** *Gluten Free Casein Free, Red Bean Flour, Sagon Cake*