

ABSTRAK

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ANALISIS DAYA TERIMA DAN KANDUNGAN PROKSIMAT *WAFFLE* TEPUNG KOMPOSIT (TEMPE DAN TERIGU) SEBAGAI ALTERNATIF SARAPAN ANAK SEKOLAH DASAR

Waffle berbasis tepung terigu dapat dikembangkan menjadi sarapan praktis untuk mengatasi tantangan 41,2%–54,5% anak sekolah dasar di Indonesia yang sering melewatkan sarapan. Penelitian ini dilaksanakan di Laboratorium Gizi Universitas Siliwangi dan PT Saraswanti Indo Genetech dengan tujuan menganalisis daya terima dan kandungan proksimat *waffle* tepung komposit (tempe dan terigu) sebagai alternatif sarapan. Tepung tempe digunakan karena memiliki kelebihan fungsional tinggi serat (2,5 g/100 g) serta proteinnya mudah diserap tubuh. Penelitian eksperimental ini menggunakan Rancangan Acak Lengkap (RAL) dengan empat formula perbandingan tempe dan terigu: F0 (0:100), F1 (20:80), F2 (30:70), dan F3 (40:60). Uji daya terima (warna, tekstur, aroma, rasa) menggunakan kuesioner skala hedonik terhadap 30 panelis semi-terlatih, lalu dianalisis dengan uji *Kruskal-Wallis* dan uji lanjut *Mann-Whitney*. Analisis proksimat mengacu pada metode SNI 01-2891-1992, karbohidrat secara *by difference*, dan energi menggunakan *Atwater Conversion Factors*. Hasil uji organoleptik menunjukkan perbedaan signifikan ($p < 0,05$) pada indikator warna dan tekstur. Formula F1 ditetapkan sebagai formula terpilih dengan nilai rata-rata keseluruhan 3,84, serta paling disukai pada parameter warna (3,98), tekstur (3,73), dan rasa (3,87). Analisis proksimat per 100 gram pada F1 dibanding F0 menunjukkan kadar protein sebesar 7,28% vs 6,35% ($p = 0,008$); karbohidrat 38,97% vs 41,10% ($p = 0,031$); lemak total 12,19% vs 11,63%; kadar air 40,23% vs 39,52%; kadar abu 1,32% vs 1,39%; serta energi total 294,73 kkal vs 294,51 kkal. Disimpulkan formula F1 dapat dijadikan sebagai alternatif sarapan bergizi untuk membantu pemenuhan kebutuhan zat gizi harian anak.

Kata kunci : anak sekolah dasar, daya terima, proksimat, sarapan, tepung tempe, *waffle*

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2026**

ABSTRACT

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ANALYSIS OF ACCEPTABILITY AND PROXIMATE CONTENT OF COMPOSITE FLOUR WAFFLES (TEMPE AND WHEAT) AS AN ALTERNATIVE BREAKFAST FOR ELEMENTARY SCHOOL CHILDREN

Wheat flour-based waffles can be developed into a practical breakfast solution to address the challenge of 41.2%–54.5% of elementary school children in Indonesia who frequently skip breakfast. This study was conducted at the Nutrition Laboratory of Universitas Siliwangi and PT Saraswanti Indo Genetech, aiming to analyze the acceptability and proximate content of composite flour waffles (tempeh and wheat) as an alternative breakfast. Tempeh flour was utilized due to its functional benefits of high fiber content () and easily absorbable protein. This experimental research employed a Completely Randomized Design (CRD) with four formulas of tempeh-to-wheat flour ratios: F0 (0:100), F1 (20:80), F2 (30:70), and F3 (40:60). The acceptability test (color, texture, aroma, flavor) used a hedonic scale questionnaire administered to 30 semi-trained panelists, which was subsequently analyzed using the Kruskal-Wallis test followed by the Mann-Whitney post-hoc test. Proximate analysis referred to the SNI 01-2891-1992 method, carbohydrate content was calculated by difference, and energy value was determined using Atwater Conversion Factors. The organoleptic test results indicated significant differences () in color and texture attributes. Formula F1 was determined as the selected formula, achieving the highest overall mean score of 3.84, and was most preferred in terms of color (3.98), texture (3.73), and flavor (3.87). Proximate analysis per 100 grams of F1 compared to F0 showed a crude protein content of 7.28% vs. 6.35% ($p = 0.008$); carbohydrates 38.97% vs. 41.10% ($p = 0.031$); total fat 12.19% vs. 11.63%; moisture content 40.23% vs. 39.52%; ash content 1.32% vs. 1.39%; and total energy of 294.73 kcal vs. 294.51 kcal. In conclusion, formula F1 can be utilized as a nutritious breakfast alternative to support the fulfillment of children's daily nutritional requirements.

Keywords : *acceptability, breakfast, elementary school children, proximate, tempeh flour, waffle*