

ABSTRAK

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PEMANFAATAN BAHAN PANGAN ALAMI TINGGI SERAT PADA MI KERING

Skripsi, Fakultas Sains dan Teknologi (2021).

(xi + 40 halaman; 8 tabel; 2 lampiran)

Angka konsumsi serat di Indonesia masih tergolong rendah yaitu 10,5 gram per hari. Salah satu produk pangan yang memiliki kadar serat rendah namun diminati masyarakat adalah mi kering. Mi kering memiliki kadar serat 0,4 gram per 100 gram, sehingga dalam formulanya berpotensi ditambah bahan pangan alami yang mengandung serat tinggi. Tujuan kajian pustaka adalah menentukan pengaruh penambahan jenis bahan pangan alami terhadap komposisi kimia, fisik, dan sensori mi kering, serta menentukan mi kering terbaik dengan penambahan bahan alami berdasarkan kadar serat tertinggi. Bahan pangan alami yang dikaji meliputi jenis buah, sayur, sereal, umbi, dan *by product*, yaitu ampas kelapa. Hasil kajian pustaka menunjukkan penambahan bahan pangan alami dapat memengaruhi sifat kimia, fisik, dan sensori mi kering. Penambahan bahan pangan alami dapat meningkatkan kadar serat dan daya serap mi kering, namun ekstensibilitas, elastisitas, dan daya patah mi kering semakin menurun dengan penambahan bahan pangan alami. Aroma, rasa, warna, dan tekstur mi kering dengan penambahan bahan pangan alami mengalami penurunan dibandingkan mi kering kontrol. Berdasarkan kadar serat tertinggi, dapat dinyatakan penambahan tepung ampas kelapa dalam formula mi memberikan hasil terbaik dan mi kering memiliki kadar serat 17,55%.

Kata Kunci: bahan pangan alami, kadar serat, mi kering

Referensi: 44 (2010-2021)

ABSTRACT

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THE USE OF NATURAL FOODS HIGH IN FIBER IN DRY NOODLES

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(xi + 40 pages; 8 tables; 2 attachment)

The fiber consumption rate in Indonesia is still relatively low at 10.5 grams per day. One food product that has a low fiber content but is in demand by the public is dry noodles. Dried noodles have a fiber content of 0.4 grams per 100 grams, so the formula has the potential to add natural food ingredients that contain high fiber. The purpose of the literature review is to determine the effect of adding types of natural food ingredients to the chemical, physical and sensory composition of dry noodles, and to determine the best dry noodles with the addition of natural ingredients based on the highest fiber content. The natural food ingredients studied include types of fruit, vegetables, cereals, tubers, and by-products, namely coconut pulp. The results showed that the addition of natural food ingredients can affect the chemical, physical, and sensory properties of dry noodles. The addition of natural food ingredients can increase the fiber content and absorption of dry noodles, but the extensibility, elasticity, and fracture power of dry noodles decrease with the addition of natural food ingredients. The aroma, taste, color, and texture of dry noodles with the addition of natural food ingredients decreased compared to control dry noodles. Based on the highest fiber content, it can be stated that the addition of coconut pulp flour in the noodle formula gave the best results and dry noodles had a fiber content of 17.55%.

Keywords: dry noodles, fiber content, natural food ingredients

References: 44 (2010-2021)