KARAKTERISTIK *ENERGY BAR* BERBAHAN DASAR TEPUNG SINGKONG DAN KACANG TANAH (*Arachis hypogeae* L.)

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PADANG
2023

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbandingan tepung singkong dan kacang tanah terhadap karakteristk *energy bar* yang dihasilkan. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan pada penelitian ini adalah A (40 g tepung singkong : 60 g kacang tanah), B (35 g tepung singkong : 65 g kacang tanag), C (30g tepung singkong : 70 g kacang tanah), D (25 g tepung singkong : 75 g kacang tanah), dan E (20 g tepung singkong : 80 g kacang tanah). Analisis data dilakukan dengan menggunakan analisis varian (ANOVA) dan dilanjutkan dengan analisis Duncan's New Multiple Range Test (DNMRT) pada taraf 5%. Hasil penelitian menunjukkan bahwa perbandingan tepung singkong dan kacang tanah berpengaruh nyata terhadap kadar air, kadar protein, kadar lemak, kadar karbohidrat, nilai energi, kadar serat kasar dan uji kekerasan. Namun tidak berpengaruh nyata terhadap kadar abu dan organoleptik warna, rasa, aroma serta tekstur. Perlakuan terbaik pada penelitian ini adalah perlakuan B (35 g tepung singkong : 65 g kacang tanah) dengan hasil analisis kadar air 13,4%, kadar abu 2,13%, kadar protein 14,08%, kadar lemak 28,54%, nilai energi 461,81 kkal/100g, kadar serat kasar 2,49%, aktivitas air 0,66, uji kekerasan 34,09 N/cm^2 dan nilai organoleptik meliputi warna 4,12 (suka), aroma 4,12 (suka), rasa 3,92 (suka) serta tesktur 3,88 (suka).

Kata kunci : energy bar, kacang tanah, tepung singkong

Characteristics of Energy Bar Made From Cassava Flour and Peanut (*Arachis hypogeae* L.)

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ABSTRACT

This study aims to determine the ratio of cassava and peanut flour to the characteristics of the energy bar produced. This study used a completely randomized design (CRD) with 5 treatments and 3 replications. The treatments in this study were A (40 g cassava flour: 60 g peanuts), B (35 g cassava flour: 65 g peanuts), C (30 g cassava flour: 70 g peanuts), D (25 g cassava flour: 75 g peanuts), and E (20 g cassava flour: 80 g peanuts). Data analysis was conducted using analysis of variance (ANOVA) and continued with Duncan's New Multiple Range Test (DNMRT) analysis at the 5% level. The results showed that the comparison of cassava flour and peanuts had a significant effect on moisture content, protein content, fat content, carbohydrate content, energy value, crude fiber content and hardness test. However, it did not significantly affect the ash content and organoleptic color, taste, aroma and texture. The best treatment in this study was treatment B (35 g cassava flour: 65 g peanuts) with the results of the analysis of moisture content 13.4%, ash content 2.13%, protein content 14.08%, fat content 28.54%, energy value 461.81 kcal/100g, crude fiber content 2.49%, water activity 0,66, hardness test 34.09 N/cm2 and organoleptic values including color 4.12 (like), aroma 4.12 (like), taste 3.92 (like) and texture 3.88 (like).

Keywords: energy bar, peanut, cassava flour