

**PENGARUH TINGKAT PERBANDINGAN TEPUNG BERAS
MERAH (*Oryza nivara*) DAN TEPUNG KACANG MERAH
(*Phaseolus vulgaris* L.) TERHADAP KARAKTERISTIK *SNACK*
*BAR***

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**Pengaruh Tingkat Perbandingan Tepung Beras Merah (*Oryza nivara*) Dan
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Bar***

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ABSTRAK

Snack bar adalah pangan dengan karakteristik padat berbentuk batang yang terbuat dari campuran sereal, buah-buahan dan sayuran. Penelitian ini bertujuan untuk mengetahui pengaruh perbandingan tepung beras merah dan tepung kacang merah terhadap karakteristik mutu *snack bar*. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 ulangan. Data dianalisis secara statistik menggunakan Analysis Of Variance (ANOVA) dan dilanjutkan dengan Duncan's New Multiple Range Test (DNMRT) pada taraf 5%. Perbandingan tepung pada penelitian ini adalah A (65% tepung beras merah : 35% tepung kacang merah), B (60% tepung beras merah : 40% tepung kacang merah), C (55% tepung beras merah : 45% tepung kacang merah), D (50% tepung beras merah : 50% tepung kacang merah), dan E (45% tepung beras merah : 55% tepung kacang merah). Hasil penelitian ini menunjukkan perbandingan tepung beras merah dan kacang merah berpengaruh nyata terhadap kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, nilai energi, aktivitas antioksidan, nilai organoleptik rasa dan tekstur. Namun berpengaruh tidak nyata terhadap nilai organoleptik warna dan aroma. *Snack bar* terbaik terdapat pada perbandingan tepung beras merah 45% : tepung kacang merah 55% dengan hasil analisis yaitu kadar air 9,89%, kadar abu 3,50%, kadar protein 19,12%, kadar lemak 18,11%, kadar karbohidrat 49,38%, total serat pangan 19,10%, aktivitas antioksidan 18,11% dan nilai energi 520,16 kkal/100g. Serta nilai organoleptik yaitu aroma 4,40 (suka), warna 4,35 (suka), rasa 4,25 (suka) dan tekstur 4,00 (suka).

Kata kunci : tepung beras merah, tepung kacang merah, *snack bar*

The Effect Of Comparative Level Of Red Rice Flour (*Oryza Nivara*) And Red Bean Flour (*Phaseolus Vulgaris L.*) On Snack Bar Characteristics

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ABSTRACT

Snack bars are foods with solid, stick-shaped characteristics made from a mixture of cereals, fruit and vegetables. This research aims to determine the effect of the ratio of brown rice flour and red bean flour on the quality characteristics of snack bars. This research used a Completely Randomized Design (CRD) with 5 treatments and 3 replications. Data were analyzed statistically using Analysis of Variance (ANOVA) and continued with Duncan's New Multiple Range Test (DNMRT) at the 5% level. The flour ratios in this study were A (65% brown rice flour : 35% red bean flour), B (60% brown rice flour : 40% red bean flour), C (55% brown rice flour : 45% red bean flour), D (50% brown rice flour : 50% red bean flour), and E (45% brown rice flour : 55% red bean flour). The results of this study showed that the ratio of red rice flour and red beans had a significant effect on water content, ash content, protein content, fat content, carbohydrate content, energy value, antioxidant activity, organoleptic value of taste and texture. However, it did not significantly affect on the organoleptic values of color and aroma. The best snack bar found in the ratio of 45% brown rice flour: 55% red bean flour with the analysis results namely water content 9.89%, ash content 3.50%, protein content 19.12%, fat content 18.11%, carbohydrates 49.38%, total dietary fiber 19.10%, antioxidant activity 18.11% and energy value 520.16 kcal/100g. As well as organoleptic values, namely aroma 4.40 (like), color 4.35 (like), taste 4.25 (like) and texture 4.00 (like).

Keywords: brown rice flour, red bean flour, snack bar

