

**KARAKTERISTIK *SNACK BAR* BERBAHAN CAMPURAN  
TEPUNG BIJI NANGKA (*Artocarpus heterophyllus* L.) DAN  
TEPUNG AMPAS KELAPA (*Cocos nucifera* L.)**

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# KARAKTERISTIK *SNACK BAR* BERBAHAN CAMPURAN TEPUNG BIJI NANGKA (*Artocarpus heterophyllus* L.) DAN TEPUNG AMPAS KELAPA (*Cocos nucifera* L.)

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## ABSTRAK

Serat merupakan komponen kimia bahan pangan atau golongan karbohidrat yang bermanfaat bagi kesehatan. Penelitian ini bertujuan untuk mengetahui pengaruh proporsi tepung ampas kelapa terhadap karakteristik fisik, kimia, mikrobiologi dan organoleptik *snack bar* yang dihasilkan dan untuk mengetahui perbandingan pencampuran tepung ampas kelapa dan tepung biji nangka terbaik dalam pembuatan *snack bar*. Rancangan penelitian yang digunakan adalah Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan yang diberikan pada penelitian ini adalah perbandingan antara tepung ampas kelapa dan tepung biji nangka yaitu A (5% : 95%), B (8% : 92%), C (11% : 89%), D (14% : 86%), dan E (17% : 83%). Data penelitian dianalisis secara statistik menggunakan Analysis of Variance (ANOVA) dan dilanjutkan dengan Duncan's New Multiple Range Test (DNMRT) pada taraf 5%. Hasil penelitian menunjukkan bahwa perbandingan pencampuran tepung biji nangka dan tepung ampas kelapa berpengaruh nyata terhadap kekerasan, kadar air, kadar lemak, kadar protein, kadar karbohidrat, dan aktivitas air. Namun berpengaruh tidak nyata terhadap kadar abu, kadar serat kasar, kadar gula total, organoleptik warna, organoleptik aroma, organoleptik rasa, dan organoleptik tekstur. Perlakuan terbaik berdasarkan analisis fisik, kimia, organoleptik *snack bar* tepung biji nangka dan tepung ampas kelapa adalah perlakuan D dengan nilai rata-rata karakteristik sebagai berikut : kadar air (11,50%), kadar abu (2,33%), kadar lemak (9,30%) kadar protein (10,13%) kadar karbohidrat (58,96%), kadar serat kasar (1,49%), nilai energi (432,70 kkal), aktivitas air (0,57), dan kadar gula total (14,27%), nilai kekerasan (85,71 N/cm<sup>2</sup>), angka lempeng total ( $2,22 \times 10^3$  CFU/g), serta organoleptik warna 4,00 (suka), aroma 4,00 (suka), rasa 4,00 (suka), dan tekstur 3,48 (biasa).

Kata kunci : ampas kelapa, biji nangka, dan *snack bar*

**CHARACTERISTICS OF SNACK BAR MADE FROM A MIXTURE OF JACKFRUIT SEED FLOUR (*Artocarpus heterophyllus* L.) AND COCONUT GROUT FLOUR (*Cocos nucifera* L.)**

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**ABSTRACT**

Fiber is a chemical component of food or a group of carbohydrates that is beneficial for health. This research aims to determine the effect of the proportion of coconut grout flour on the physical, chemical, microbiological and organoleptic characteristics of the snack bar produced and to determine the best mixing ratio of coconut grout flour and jackfruit seed flour in making snack bars. The research design used was a Completely Randomized Design (CRD) with 5 treatments and 3 replications. The treatment given in this study was a comparison between coconut grout flour and jackfruit seed flour, that is A (5% : 95%), B (8% : 92%), C (11% : 89%), D (14% : 86 %), and E (17% : 83%). The research data was analyzed statistically using Analysis of Variance (ANOVA) and continued with Duncan's New Multiple Range Test (DNMRT) at the 5% level. The research results showed that the ratio of mixing jackfruit seed flour and coconut grout flour had a significant effect on hardness, water content, fat content, protein content, carbohydrate content and water activity. However, there was no significant effect on ash content, crude fiber content, total sugar content, color organoleptic, aroma organoleptic, taste organoleptic and texture organoleptic. The best treatment based on physical, chemical and organoleptic analysis of snack bar jackfruit seed flour and coconut grout flour is treatment D with the following average characteristic values: water content (11.50 %), ash content (2.33%), fat content (9.30%) protein content (10.13%) carbohydrate content (58.96%), crude fiber content (1.49%), energy value (432,70 kcal), water activity ( 0.57), and total sugar content (14.27%), hardness value (85.71 N/cm<sup>2</sup>), total plate number (2.22 × 10<sup>3</sup> CFU/g) and organoleptic color 4.00 (like), aroma 4.00 (like), taste 4.00 (like), and texture 3.48 (average).

**Keywords:** coconut grout, jackfruit seeds, and snack bar