

**PENGARUH PERBANDINGAN CAMPURAN TEPUNG
ALPUKAT (*Persea americana* Mill.) DAN TEPUNG KACANG
HIJAU (*Vigna radiata* L.) TERHADAP KARAKTERISTIK
MUTU BUBUR INSTAN**

AQILLA PUTI ZENOBIA HR

2011121005



- Dosen Pembimbing :**
- 1. Prof. Dr. Ir. Fauzan Azima, M.S.**
 - 2. Dr. Ir. Hasbullah, M.S.**

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Pengaruh Perbandingan Campuran Tepung Alpukat (*Persea americana* Mill.) dan Tepung Kacang Hijau (*Vigna radiata* L.) Terhadap Karakteristik Mutu Bubur Instan

Aqilla Puti Zenobia HR¹, Fauzan Azima², Hasbullah³

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh perbandingan tepung alpukat dan tepung kacang hijau terhadap karakteristik mutu bubur instan. Rancangan percobaan yang digunakan pada penelitian ini adalah rancangan acak lengkap (RAL) dengan 5 perlakuan dan 3 ulangan. Perlakuan pada penelitian ini yaitu A (tepung alpukat 50% : tepung kacang hijau 10%), B (40% tepung alpukat : 20% tepung kacang hijau), C (tepung alpukat 30% : tepung kacang hijau 30%), D (tepung alpukat 20% : tepung kacang hijau 40%), dan E (tepung alpukat 10% : tepung kacang hijau 50%). Data penelitian dianalisis secara statistik dengan Analisis of Variance (ANOVA) dan dilanjutkan dengan analisis Duncan's New Multiple Range Test (DNMRT) pada taraf 5%. Hasil penelitian ini menunjukkan bahwa perbandingan tepung alpukat dan tepung kacang hijau terhadap karakteristik bubur instan berpengaruh nyata pada analisis fisik, kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, kadar serat kasar, serta organoleptik tekstur dan rasa. Tidak berpengaruh nyata pada organoleptik warna dan aroma. Perlakuan terbaik berdasarkan analisis kimia, analisis fisik, dan organoleptik bubur instan adalah perlakuan C (tepung alpukat 30% : tepung kacang hijau 30%) dengan nilai rata-rata sebagai berikut : densitas kamba sebesar 0,77%, daya rehidrasi 1,66%, kadar air 8,37%, kadar abu 3,55%, kadar lemak 12,47%, kadar protein 19,36%, karbohidrat 56,23%, kadar serat kasar 3,74%, serta nilai organoleptik warna 4,20 (suka), aroma 3,96 (suka), tekstur 4,08 (suka), dan rasa 3,52 (suka).

Kata Kunci : bubur instan, mutu, tepung alpukat, tepung kacang hijau

**Effect of the Ratio Combination of Avocado Flour (*Persea americana* Mill.)
and Mung Bean (*Vigna radiata* L.) Flour on The Quality Characteristic of
Instant Porridge**

Aqilla Puti Zenobia HR¹, Fauzan Azima², Hasbullah³

ABSTRACT

This researched aimed to study the effect of the ratio of avocado flour and mung bean flour on the quality characteristics of instant porridge. The research method used in this study was a complete randomized design (CRD) with 5 treatments and 3 replicates. The treatments in this study were A (50% avocado flour: 10% mung bean flour), B (40% avocado flour: 20% mung bean flour), C (30% avocado flour: 30% mung bean flour), D (20% avocado flour: 40% mung bean flour), and E (10% avocado flour: 50% mung bean flour). The research data were analyzed statistically with 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 avocado flour and mung bean flour on the characteristics of instant porridge had a significant effect on physical analysis, moisture content, ash content, fat content, protein content, carbohydrate content, crude fiber content, and organoleptic texture and taste. No significant effect on color and aroma organoleptic. The best treatment based on chemical analysis, physical analysis, and organoleptic instant porridge is treatment C (30% avocado flour: 30% mung bean flour) with the following average values: bulk density of 0.77%, rehydration power of 1.66%, moisture content of 8.37%, ash content of 3.55%, fat content of 12.47%, protein content of 19.36%, carbohydrates of 56.23%, crude fiber content of 3.74%, and organoleptic of color 4.20 (like), aroma 3.96 (like), texture 4.08 (like), and taste 3.52 (like).

Keywords: instant porridge, avocado flour, mung bean flour, quality