

PENGARUH PENAMBAHAN BUBUK CASCARA TERHADAP KARAKTERISTIK MUTU ROTI TAWAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan bubuk *cascara* terhadap karakteristik mutu roti tawar. Penelitian ini dirancang menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan yaitu perlakuan A (Penambahan bubuk *cascara* 0%), B (Penambahan bubuk *cascara* 1%), C (Penambahan bubuk *cascara* 2%), D (Penambahan bubuk *cascara* 3%) dan E (Penambahan bubuk *cascara* 4%) dengan 3 kali ulangan. Analisis data dilakukan dengan Analisis Ragam (ANOVA) dan dilanjutkan dengan *Duncan's New Multiple Range Test* (DNMRT) pada taraf 5%. Pengamatan yang dilakukan terhadap roti tawar dengan penambahan bubuk *cascara* terdiri dari uji tekstur, analisis kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, aktivitas antioksidan dan uji organoleptik. Hasil penelitian menunjukkan penambahan bubuk *cascara* pada roti tawar berpengaruh nyata terhadap tekstur, kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat aktivitas antioksidan, organoleptik rasa dan organoleptik tekstur. Tetapi berpengaruh tidak nyata terhadap organoleptik warna dan organoleptik aroma. Berdasarkan analisis fisikokimia roti tawar dengan penambahan bubuk *cascara*, perlakuan terbaik adalah perlakuan C (Penambahan bubuk *cascara* 2%) dengan nilai rata-rata uji tekstur 0,35 N/cm², kadar air 36,15%, kadar abu 1,15%, kadar protein 8,82%, kadar lemak 3,35%, kadar karbohidrat 50,48%, aktivitas antioksidan 15,26% dan nilai organoleptik warna 3,73 (suka), aroma 3,86 (suka), rasa 3,90 (suka), dan tekstur 3,96 (suka).

Kata Kunci: Roti tawar, *Cascara*, Antioksidan, Karakteristik

THE EFFECT OF ADDING CASCARA POWDER ON THE QUALITY CHARACTERISTICS OF WHITE BREAD

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ABSTRACT

The aim of this research was to determine the effect of adding *cascara* powder on the quality characteristics of white bread. This study was designed using a Completely Randomized Design (CRD) with 5 treatments, namely treatment A (Addition of 0% *cascara* powder), B (Addition of 1% *cascara* powder), C (Addition of 2% *cascara* powder), D (Addition of 3% *cascara* powder) and E (Addition of 4% *cascara* powder) with 3 replications. Data analysis was carried out using Analysis of Variance (ANOVA) and continued with *Duncan's New Multiple Range Test* (DNMRT) at the 5% significance level. Observations made on white bread with the addition of *cascara* powder consisted of texture tests, analysis of water content, ash content, protein content, fat content, carbohydrate content, antioxidant activity and organoleptic tests. The results showed that the addition of *cascara* powder to white bread had a significant effect on texture/hardness, water content, ash content, protein content, fat content, carbohydrate content, antioxidant activity, organoleptic taste and organoleptic texture. But it did not have a significant effect on organoleptic color and organoleptic aroma. Based on the physicochemical analysis of white bread with the addition of *cascara* powder, the best treatment was treatment C (Addition of 2% *cascara* powder) with an average texture test value of 0.35 N/cm², water content 36.15%, ash content 1.15%, protein content 8.82%, fat content 3.35%, carbohydrate content 50.48%, antioxidant activity 15.26% and organoleptic color values 3.73 (like), aroma 3.86 (like), taste 3.90 (like), and texture 3.96 (like).

Keywords : White bread, *Cascara*, Antioxidants, Characteristics