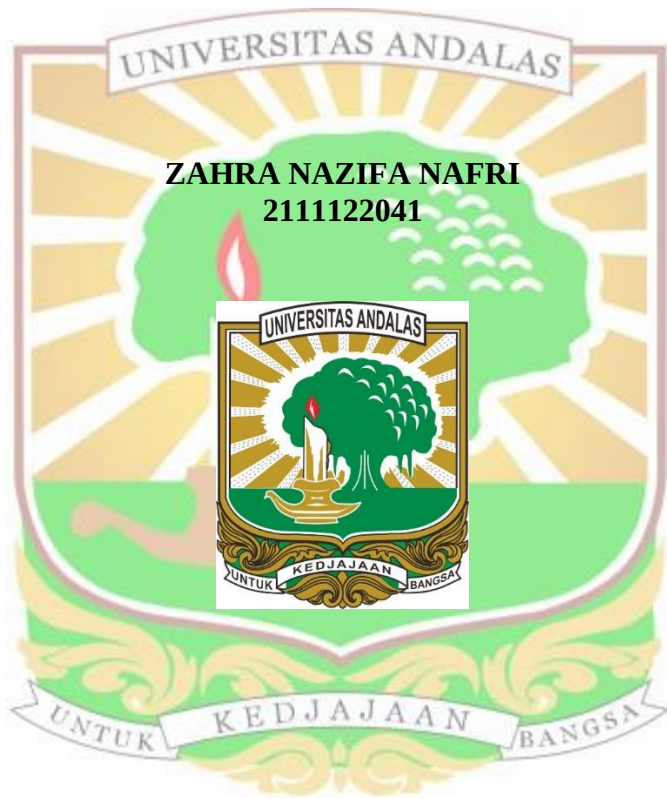


**PENGARUH PERBANDINGAN TEPUNG UBI
JALAR UNGU (*Ipomoea batatas* L.) DAN TEPUNG
BIJI LABU KUNING (*Cucurbita moschata*)
TERHADAP KARAKTERISTIK *ENERGY BAR***



**FAKULTAS TEKNOLOGI PERTANIAN
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ABSTRAK

Penelitian ini bertujuan untuk menganalisis pengaruh perbandingan tepung ubi jalar ungu (*Ipomoea batatas* L.) dan tepung biji labu kuning (*Cucurbita moschata*) terhadap karakteristik fisikokimia dan sensoris *energy bar*. Lima formulasi dibuat dengan perbandingan tepung ubi jalar ungu dan tepung biji labu kuning yang berbeda, yaitu 100:0 (A), 80:20 (B), 60:40 (C), 40:60 (D), dan 20:80 (E). Hasil penelitian menunjukkan bahwa variasi perbandingan tepung berpengaruh nyata terhadap sifat kimia, fisik, dan sensoris, meliputi kadar protein, lemak, karbohidrat, serat kasar, abu, aktivitas antioksidan, nilai energi, kekerasan, tekstur, dan tingkat penerimaan keseluruhan, tetapi tidak berpengaruh nyata terhadap kadar air, warna, dan aroma. Formulasi terbaik diperoleh pada perlakuan E (20 g tepung ubi jalar ungu: 80 g tepung biji labu kuning), yang mendapatkan skor sensoris tinggi untuk warna (3,88), tekstur (4,08), rasa (3,88), dan aroma (4,04). Formulasi ini mengandung kadar air 17,69%, abu 3,17%, lemak 33,13%, protein 15,19%, karbohidrat 30,80%, dan serat kasar 2,82%, dengan nilai energi sebesar 506,77 kkal/100 g, aktivitas antioksidan 25,54%, kekerasan 26,72 N/cm², dan aktivitas air 0,82. Temuan ini menunjukkan bahwa kombinasi tepung ubi jalar ungu dan tepung biji labu kuning, khususnya pada formulasi E, berpotensi menghasilkan produk *energy bar* yang dapat diterima, bergizi, dan berbasis bahan lokal.

Kata kunci: Tepung ubi jalar ungu; tepung biji labu kuning; *energy bar*

THE EFFECT OF PURPLE SWEET POTATO FLOUR (*Ipomoea batatas* L.) AND YELLOW PUMPKIN SEED FLOUR (*Cucurbita moschata*) RATIO ON THE CHARACTERISTICS OF ENERGY BAR

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ABSTRACT

This study aimed to analyze the effect of the ratio of purple sweet potato flour (*Ipomoea batatas* L.) and pumpkin seed flour (*Cucurbita moschata*) on the physicochemical and sensory characteristics of energy bar. Five formulations were prepared with different ratios of purple sweet potato flour and pumpkin seed flour: 100:0 (A), 80:20 (B), 60:40 (C), 40:60 (D), and 20:80 (E). The results showed that the variation of flour ratio significantly affected the chemical, physical, and sensory properties, including protein, fat, carbohydrate, crude fiber, ash content, antioxidant activity, energy value, hardness, texture, and overall acceptability, while it had no significant effect on water content, color, and aroma. The best formulation was treatment E (20 g purple sweet potato flour: 80 g pumpkin seed flour), which obtained the highest sensory scores for color (3.88), texture (4.08), taste (3.88), and aroma (4.04). This formulation contained 17.69% moisture, 3.17% ash, 33.13% fat, 15.19% protein, 30.80% carbohydrates, and 2.82% crude fiber, with an energy value of 506.77 kcal/100 g, antioxidant activity of 25.54%, hardness of 26.72 N/cm², and water activity of 0.82. These findings indicate that the combination of purple sweet potato and pumpkin seed flour, particularly in formulation E, has the potential to produce an acceptable, nutritious, and energy bar made from local ingredients.

Keywords: Purple sweet potato flour; pumpkin seed flour; energy bar