

**PENGARUH TINGKAT KEMATANGAN PISANG
KEPOK (*Musa paradisiaca*, L) TERHADAP
KARAKTERISTIK *COOKIES* DENGAN
PENAMBAHAN TEPUNG SUKUN
(*Artocarpus altalis*)**



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Intan Derlia Sari, Kesuma Sayuti, Wellyalina

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh perbedaan tingkat kematangan pisang kepok terhadap karakteristik *cookies* dengan penambahan tepung sukun. Penelitian ini menggunakan rancangan acak lengkap (RAL) dengan empat perlakuan kematangan pisang (hijau, hijau kekuningan, kuning, dan kuning berbintik hitam) dan tiga ulangan. Parameter yang dianalisis meliputi kadar air, kadar abu, kadar lemak, kadar protein, kadar karbohidrat, kadar serat pangan, kadar serat kasar, kadar pati, kadar gula total, indeks glikemik in vitro, nilai kekerasan, warna serta organoleptik (warna, aroma, tekstur, rasa). Berdasarkan hasil penelitian, menunjukkan bahwa tingkat kematangan pisang kepok dalam formulasi kue kering berpengaruh signifikan terhadap kadar air, serat pangan, pati, gula total, indeks glikemik, kekerasan, warna, dan organoleptik (warna dan rasa), namun tidak berpengaruh signifikan terhadap kadar abu, kadar lemak, protein, karbohidrat, serat kasar, organoleptik (aroma dan tekstur) pada produk kue kering. Perlakuan terbaik diperoleh pada perlakuan B yang memperoleh nilai cukup tinggi pada uji hedonik dengan skor warna 4,04 (suka), aroma 3,68 (suka), tekstur 3,56 (suka), rasa 3,60 (suka) yang termasuk dalam kategori suka. Pada analisis fisik, kekerasannya adalah 146,41 n/cm² dan warna adalah 54,39 °hue. Dari analisis kimia, kadar air 9,33%, abu 3,44%, protein 6,57%, lemak 32,29%, serat makanan 16,14%, serat kasar 5,02%, karbohidrat 46,37%, pati 36,05% dari 46,37% karbohidrat, kadar gula total 8,43% dari 46,37% karbohidrat, indeks glikemik 54,32%.

Kata Kunci: 1; *cookies* 2; pisang kepok 3; indeks glikemik

THE EFFECT OF RITH LEVEL OF KEPOK BANANAS (*Musa paradisiaca*, L.) ON THE CHARACTERISTICS OF COOKIES WITH THE ADDITION OF BREADFULNESS FLOUR (*Artocarpus altalis*)

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ABSTRACT

This study aims to determine the effect of different levels of ripeness of kepok bananas on the characteristics of cookies with the addition of breadfruit flour. This study used a completely randomized design (CRD) with four treatments of banana ripeness (green, yellowish green, yellow, and yellow with black spots) and three replications. The parameters analyzed included water content, ash content, fat content, protein content, carbohydrate content, dietary fiber content, crude fiber content, starch content, total sugar content, in vitro glycemic index, hardness value, color and organoleptic (color, aroma, texture, taste). Based on the results of the study, it shows that the level of ripeness of kepok bananas in cookie formulations significantly affects water content, dietary fiber, starch, total sugar, glycemic index, hardness, color, and organoleptic (color and taste), but does not significantly affect ash content, fat content, protein, carbohydrate, crude fiber, organoleptic (aroma and texture) in cookie products. The best treatment was obtained in treatment B which obtained a fairly high value in the hedonic test with a color score of 4.04 (like), aroma 3.68 (like), texture 3.56 (like), taste 3.60 (like) which is included in the like category. In physical analysis, the hardness was 146.41 n/cm² and the color was 54.39 0hue. From chemical analysis, the water content was 9.33%, ash 3.44%, protein 6.57%, fat 32.29%, dietary fiber 16.14%, crude fiber 5.02%, carbohydrate 46.37%, starch 36.05% of 46.37% carbohydrate, total sugar content 8.43% of 46.37% carbohydrate, glycemic index 54.32%.

Keywords: 1; cookies 2; kepok banana 3; glycemic index