Study on Making Wet Noodles Substitution of Agung Banana Peel Flour as a Functional Food Source of Fiber

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ABSTRACT

The risk of degenerative diseases can be prevented by consuming adequate amounts of fiber. Fiber can play a role in binding cholesterol, excess fat and toxic substances in the body. This study aims to determine the quality and nutritional properties of wet noodles with the substitution of agung banana peel flour as a functional food source of fiber. The experimental design used was a Completely Randomized Design (CRD). Determination of the formulation for making wet noodles with a ratio of banana peel flour: wheat flour, namely P1 (20: 80), P2 (25: 75), P3 (30: 70), P4 (35: 65), P6 (40: 60) and performed four repetitions. Based on the results of the study, wet noodles substituted with banana peel flour had a significant effect ($P<0.05$) on fiber content, elasticity level, hedonic, and hedonic quality tests on color, taste, aroma, and texture. The best treatment of wet noodles was in the P3 treatment with a combination of 30% agung banana peel flour and 70% wheat flour containing 3.20 g of dietary fiber with characteristics, namely the brown color tends to be light, the taste tends to be bland, the banana aroma tends to be strong and the texture tends to be chewy. Consuming 160 gr of wet noodles can meet the energy needs of 21%, protein 28%, fat 10%, carbohydrates 24%, and dietary fiber 17% based on the percentage of Nutritional Adequacy Rate (RNA).

Keywords: Wet Noodle, Dietary Fiber, Agung Banana Peel Flour.