

STUDY OF MAKING MACAROON CHOCOLATE POWDER SUBSTITUTION AS A HIGH FIBER FOOD

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ABSTRACT

Based on the results of Health Research (2018) in Indonesia, there was an increase in the prevalence of hypertension from 25.8% to 34.1%. The prevalence of stroke from 7 per 1,000 to 10.9 per 1,000, the prevalence of diabetes mellitus from 6.9% to 8.5% in 2018. The cause of this can be due to lifestyle changes such as consumption patterns that consume less dietary fiber in vegetables. and fruit. Lack of dietary fiber can cause several kinds of diseases such as diabetes, hernia, appendicitis, coronary heart disease, gallstones, obesity, etc. This research was conducted to analyze the quality properties of high-fiber macaroons from almond flour and cocoa powder. The design for this study was a Randomized Block Design (RAK) with 6 treatment formulations, namely 90%:10%, 80%:20%, 70%:30%, 60%:40%, 50%:50% and 40%:60% by 4 times. Based on the results of the study, the proportion of macaroons with 40% almond flour and 60% cocoa powder produced the best macaroon products from the organoleptic test at an average preference for taste of 80.4 (liked very much), color was 76.8 (liked), aroma was 79 (liked).) and 76.4 textures (likes). The results of the chemical test of macaroon with the best treatment had a protein content of 13.67%, fat 15.02%, carbohydrates 67.22%, ash content 1.73%, water content 2.33% and dietary fiber 5.88%. For one consumption, it is recommended to consume 50 grams of macaroon with 215 kcal of energy, 7 grams of protein, 8 grams of fat, 34 grams of carbohydrates, 1.25% soluble fiber, 4.64% insoluble fiber and 3 grams of dietary fiber. In a day can be given 2 times snacks.

Keywords: Macaroon, Dietary Fiber, Cocoa Powder, Degenerative Disease, Snack