

*Brownies Steamed Mocaf Flour and Hunkwe Flour Source Potassium and Fiber
as an Alternative Snack for Hypertension Patients*

Fitria Kurniawati
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

In Indonesia people now prefer fast food. The changes in diet will lead to nutritional problems such as degenerative diseases such as hypertension and risk of obesity. Someone who is obese will trigger hypertension. The occurrence of hypertension is a lack of consuming potassium and fiber. Giving interfering food sources of potassium and fiber can reduce the risk of hypertension. This study aims to find out the characteristics of steamed brownies from mocaf flour and hunkwe flour as an intermediate food source of potassium and dietary fiber. The experimental design used was Randomized Block Design (RBD) with 6 formulations of treatment are 90%: 10%, 80: 20%, 70%: 30%, 60%: 40%, 50%: 50%, and 40%: 60% by the repeated 4 times.. Based on the research results, brownies with a proportion of 40% mocaf flour and 60% hunkwe flour products is the best brownies with organoleptic test results with average the colour of like / dark chocolate, for the taste like / sweet, smell like / less musty and the texture a bit like / rather hollow. Chemical test results the brownies with the best treatment has a potassium content of 134.81 mg, dietary fiber 5.84 gram, protein 7.72%, fat 8.02%, carbohydrates 35.45%, ash 1.31%, and water 47, 31%. For one-time consumption, patients are encouraged to eat three pieces of cookies with an energy content of 260 kcal energy, 6.56 gram protein, 6.97 gram of fat, 30.13 gram of carbohydrates, 114.58 mg of potassium and dietary fiber 4,96 gram. Within a day, you will be given 3 times.

Keywords : Brownies, Mocaf flour, Hunkwe flour, Potassium, Dietary, and Hypertension.