

**Studi Pembuatan Pancake Substitusi Tepung Kedelai Sebagai Makanan Selingan  
Alternatif Bagi Penderita Hipertensi**

*(Making Soya Bean Flour Pancakes As a Snacks For Hypertension)*

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**ABSTRACT**

*Hypertension is known as a condition in which an individual's systolic blood pressure will increase to a value of more than 140 mmHg and a diastolic pressure of more than 90 mmHg at a frequency of two measurements with an interval of 5 minutes in a calm state. Hypertension can be prevented and overcome by consuming foods with high potassium content. One of the food products favored by the public is pancakes made with soy flour substitution. This study aims to determine the characteristics of pancake substitution with soy flour as an alternative snack for people with hypertension. The experimental design carried out was a completely randomized design (CRD). The analysis used is the content of potassium, organoleptic, sodium, and proximate in the best treatment. The results showed that with the addition of soy flour, there would be an increase in the potassium content in pancakes, which ranged from 122.18 mg/100 g of ingredients to 340.70 mg/100 g of ingredients. The effect of this soybean flour substitution is known to have a significant effect (sig 0.05) on the hedonic quality of the organoleptic test and hedonic test. The best treatment for this soybean flour substitution pancake was found in P4 (50 grams of wheat flour and 50 grams of soy flour) because it was liked by the panelists. The provision of soy flour substitution pancakes in a day based on the provision of snacks is 2 pieces (100 grams) with an energy content of 234 kcal, protein 13 grams, fat 8 grams, carbohydrates 27, grams, potassium 268 mg, and sodium 7 mg.*

**Keywords:** *Soya Bean Flour, Hypertension, Pottasium*