

Making Cake with Purple Sweet Potato Flour as a snack that contains antioxidants

Ciagusbandiah
Study Program of Clinical Nutrition
Department of Health

ABSTRACT

Cake with purple sweet potato flour can provide antioxidant intakes in the body, contain anthocyanin which provide a natural color aesthetic, and as a functional food. This study aimed to determine the characteristics of making cake with purple sweet potato flour as a snack that contains antioxidants. This study was designed experimentally used Randomized Block Design (RBD). This research used the basic ingredients purple sweet potato flour and gluten 7 training 4 repetitions with formulations 100%: 0%, 98%: 2%, 96%: 4%, 94%: 6%, 92%: 8%, 90 %: 10%, 88%: 12%. The results showed that the cake formulation at P7 (88% purple sweet potato flour and 12% gluten) was the best study with antioxidant content of 10.91 mg / 100 grams, volume expansion of cake is 56.44%, cake with purple sweet potato flour has sweet potato color, purple, weak, like, brown , tend to be strong / like, sweet taste, and taste of purple sweet potato tend to be strong / like, savory taste and bitter taste tend to be weak, purple sweet potato aroma was very strong, caramel aroma and weak egg aroma/ like pore texture) tend to be soft, and smooth / like. The results of the composition of nutrients were energy 292.35 kcal, protein 9.20%, fat 12.15%, consumption 36.55%, with one consumption as much as 1 piece (74 grams / consumption).

Keywords: antioxidants, anthocyanin, purple sweet potato flour, Gluten, Cake

Pembuatan *Cake* Tepung Ubi Jalar Ungu Sebagai Makanan Selingan Yang Mengandung Antioksidan

Ciagusbandiah

Program Studi Gizi Klinik

Jurusan Kesehatan

ABSTRAK

Cake dengan ubi jalar ungu dapat memberikan asupan antioksidan dalam tubuh, terdapat kandungan antosianin yang memberikan estetika warna alami, dan sebagai pangan fungsional. Penelitian ini bertujuan untuk mengetahui karakteristik pembuatan *cake* tepung ubi jalar ungu sebagai makanan selingan yang mengandung antioksidan. Rancangan percobaan yang digunakan adalah Rancangan Acak Kelompok (RAK). Penelitian ini menggunakan bahan dasar tepung ubi jalar ungu dan gluten 7 perlakuan 4 kali ulangan dengan formulasi 100% : 0%, 98% : 2%, 96% : 4%, 94% : 6%, 92% : 8%, 90% : 10%, 88% : 12%. Perlakuan terbaik dari penelitian ini yaitu pada P7 (88% tepung ubi jalar dan gluten 12%), kandungan antioksidan sebesar 10.91 mg/100gram, daya kembang 56.44%, warna ubi jalar ungu cenderung lemah/ suka, warna coklat cenderung kuat/ suka, rasa manis, dan rasa ubi jalar ungu cenderung kuat/ suka, rasa gurih dan rasa pahit cenderung lemah/ suka, aroma ubi jalar ungu cenderung kuat/ suka, aroma karamel dan aroma telur cenderung lemah/ suka, tekstur (kekerasan dan struktur pori-pori) cenderung lembut, dan halus/ suka. Hasil komposisi zat gizi yaitu energi 292.35 kkal, protein 9.20 %, lemak 12.15 %, karbohidrat 36.55 %, dengan satu kali konsumsi sebanyak 1 potong (74 gram/konsumsi).

Kata kunci: Antioksidan, Antosianin, Tepung Ubi Jalar Ungu, Gluten, *Cake*