

Steamed Bolu Sources Fiber from Okra Flour as Alternative Snacks

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ABSTRACT

The results of the basic health research study shows that 93.6% of Indonesia's population consuming less vegetables and fruit, which means that consumption of vegetables and fruits is still below than recommendation. Consumption of vegetables and fruits that are less shows the lack of consumption of dietary fiber, which cause various degenerative diseases such as hypertension, coronary heart disease, hypercholesterolemia, and obesity. The aim of this study is to examine the manufacture of steamed sponge from okra flour as a source fiber for snacks. The design used was Completely Randomized Design (CRD) with 5 formulations, the proportion of wheat flour : okra flour are 60%: 40%, 55%: 45%, 50%: 50%, 45%: 55%, and 40%: 60% with 5 repetitions. Based on the results of the study, the highest fiber in steamed sponge was in formulation 5 with the 40% wheat flour and 60% okra flour proportion is 6.26 grams, while the highest swell in steamed sponge was in formulation 1 with 60% wheat flour and 40% okra flour proportion is 90.52%. Steamed sponge with the proportion of 50% wheat flour and okra flour 50% produced the best steamed sponge product from organoleptic test results with the largest percentage score of taste is 62.4% (bitlike), score of aroma is 56.0% (slightly), score of texture is 47.2% (like slightly), and color 67.2% (like slightly). The results of the chemical test of the best treatment contains 7.38 grams of protein, 6.37 grams of fat, 37.87 grams of carbohydrates, and 5.34 grams of fiber per 100 grams. For the consumption, the consumer need some slice of steamed sponge (100 grams) that contain 238.35 kcal of energy, 7.38 grams of proteins, 6.37 grams of fat, 37.87 grams of carbohydrates, and 5.34 grams of fiber.

Keywords: Steamed Bolu, Fiber, Okra, Degenerative Disease, Snack