

Making Pancakes with Red Bean Flour and Cocoa Powder Substitution as an Alternative Fiber Food Source

Afif Jadi Qostalani

Clinical Nutrition Study Program
Health Department

ABSTRACT

According to the results of the Basic Health Research, 95.5% of Indonesians consume insufficient amounts of fruits and vegetables. Inadequate consumption of fruits and vegetables indicates a lack of dietary fiber. Some people who lead hectic lives prefer to eat fast food. This causes people's diets to shift from high carbohydrates, low fat, and high fiber to high fat and low fiber. Lack of fiber consumption can lead to various diseases such as cardiovascular disease, obesity, colon cancer, diabetes, chronic disease, and gastrointestinal dysfunction such as constipation. The purpose of this is to look into the production of pancakes using red bean flour and cocoa powder as an alternative fiber source. The research design used was RAL (Completely Randomized Design) with 6 formulations of 90%:10%, 80%:20%, 70%:30%, 60%:40%, 50%:50%, and 40%:60 % with 4 times repetition. Based on the results, the highest levels of dietary fiber were found in treatment P6 with a proportion of 40% red bean flour and 60% cocoa powder. Pancakes with P3 treatment (70% red bean flour and 30% cocoa powder) performed the best in terms of effectiveness index. The best-treated pancakes had 305.6 kcal of energy, 7.88 grams of protein, 7.3 grams of fat, 52.1 grams of carbohydrates, and 3.03 grams of dietary fiber.

Keywords: Cocoa Powder, Dietary Fiber, Red Bean Flour