

## **Studi Pembuatan *Pancake* Substitusi Tepung Edamame Sebagai Camilan Sumber Serat**

*(Making edamame flour Pancakes As a Snacks of fiber source)*

**M Sulthan Sajida Syarief**  
Clinical Nutrition Study Program  
Health Department

### **ABSTRACT**

*Less consumption of vegetables and fruit indicates a lack of consumption of dietary fiber. Dietary fiber has an important function that cannot be replaced by other substances because it can help prevent constipation, hemorrhoids, overweight, colon cancer, and prevent degenerative diseases such as coronary heart disease, hypertension, diabetes mellitus, hypercholesterolemia and stroke. Edamame is known as a fiber-rich food, 100 grams of edamame flour contains 26.34 grams of fiber. One of the food products that is popular with the public is pancake. This study aims to determine the characteristics pancake loved by the community is pancake which is made by substituting edamame flour. The experimental design used was a Completely Randomized Design (CRD). The analysis used was fiber content, organoleptic and proximate in the best treatment. The results showed that the more the addition of edamame flour, the higher the fiber content pancake which ranges from 3.71 g/100 g of material to 10.50 g/100 g of material. The effect of soy flour substitution is known to have an influence on hedonic and hedonic quality organoleptic tests. The best treatment on pancake This edamame flour substitution was found in P1 (80% wheat flour : 20% edamame flour) because it was liked by many panelists. Giving pancake Substitution of edamame flour in a day based on the provision of snacks is 2 pieces (100 grams) with an energy content of 305 kcal, 8 grams of protein, 51 grams of fat, 4 grams of carbohydrates and 4 grams of fiber.*

**Keywords:** *Pancake, Fiber, Edamame Flour*