

***Study of Semprong Cakes Making with Breadfruit Substitution (Artocarpus Altilis) as a Healthy Interlude for People with Hypertension***

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**ABSTRACT**

*Hypertension or high blood pressure is a medical condition characterized by an increase in arterial blood pressure resulting in resistance to blood flow in the body which causes an increase in blood pressure in the blood vessels. Hypertension can be controlled by consuming foods that contain potassium, for example, breadfruit flour which is processed into semprong cake products. This study aimed to examine the making of semprong cake with breadfruit flour substitution as a distraction for patients with hypertension. This study used a randomized block design (RBD) consisting of 6 treatments with 4 repetitions. Formulation of making rice cake with rice flour: breadfruit flour is D1 (70:30), D2 (65:35), D3 (60:40), D4 (55:45), D5 (50:50), D6 (45: 55). The analysis performed on the semprong cake is the analysis of potassium, physical test (fracture), and organoleptic test. The result of the research is the smallest substitution of breadfruit flour substitute which is 380.7 mg / 100gram and the biggest is 609.2 mg / 100gram. The fracture test of the smallest cake is 16.5N and the biggest is 23.8N. The best treatment is in the treatment D6 (45% rice flour: 55% breadfruit flour) has a potassium content of 609.2 mg / 100gram, 15N fracture, 9.63% protein, 9.11% fat, 75.73% carbohydrate, ash 1.14%, water 4.38%. Serving size of 5 pieces (50 grams) with an energy content of 211.6 kcal, 4.8 grams of protein, 4.5 grams of fat, carbohydrates 37.8 and potassium 304.6 mg.*

*Keywords: Hypertension, Breadfruit Flour, Semprong Cakes, Potassium*