

Study on Making Snack bar of Gembili Flour (Dioscorea Esculenta) and Soybean Flour (Glycine Max) as a High Fiber Interlude Foods

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ABSTRACT

Changes in consumption patterns in Indonesia have resulted in reduced consumption of vegetables and fruits throughout Indonesia. This situation can also cause changes in disease patterns that cause mortality and morbidity in the community, marked by changes in infectious diseases into degenerative and metabolic diseases. Fiber intake can be given in the form of a snack in the form of a snack bar. This study aims to determine the characteristics and nutrition, especially fiber, in the snack bars of gembili flour and soy flour as a high-fiber interlude. The research design used was a randomized block design with 1 factor, namely the percentage of flour snack bars of gembili flour and soybean flour. The analysis was carried out on the snack bar product namely fiber content analysis and organoleptic test. The results showed that the fiber content in the snack bar showed that there were significant significant differences in each treatment and had an effect on the color and aroma quality of the hedonic organoleptic test. However, it has no effect on the hedonic organoleptic test. The best treatment from this study was the A1 treatment (90% gembili flour + 10% soybean flour). One snack bar serving 3 bars (30 grams) with an energy content of 113,28 kcal, 4,57 grams of fat, 5,06 grams of protein, 12,94 grams of carbohydrates and 3,01 grams of food fiber. The contribution of total energy 5,26%, total fat is 7,6%, protein 8,87%, carbohydrate total 4% and food fiber 10,03%.

Keyword : *Fiber, Gembili four, Soybean Four, Snack bar.*