

Egg Roll Substitution Of Red Dragon Fruit Flour As A Snack, A Source Of Fiber

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ABSTRACT

Dietary fiber (DF) is a non-starch polysaccharide complex derived from plant parts or is called a carbohydrate analogue that is resistant to human digestive enzymes, which is completely or partially fermented in the intestine. (Brownlee, 2017). Efforts to fulfill fiber in the body can be done through foods that contain fiber. One of the foodstuffs that contain fiber is red dragon fruit skin. This study aims to determine the nutritional and organoleptic content of egg roll substitution of red dragon fruit skin flour as a snack source of fiber. The research design used was a completely randomized design (CRD) with 5 treatments and 5 replications, namely P1 (10% red dragon fruit peel flour and 90% wheat flour), P2 (20% red dragon fruit peel flour and 80% wheat flour), P3 (30% red dragon fruit skin flour and 70% wheat flour), P4 (40% red dragon fruit skin flour and 60% wheat flour), and P5 (50% red dragon fruit skin flour and 50% wheat flour). The analysis carried out was fiber content, organoleptic and proximate in the best treatment. Based on the results of the study, it was shown that the more substitutions for red dragon fruit skin flour, the higher the fiber content in the egg roll, namely in the P5 treatment with a fiber content of 3.72 / 100 grams. The best treatment in this study was the P3 treatment (70% wheat flour and 30% red dragon fruit peel flour) with egg roll characteristics, namely very dark red in color, very strong bitter, very strong red dragon fruit skin aroma and slightly crunchy texture.

Keywords: *Egg Roll, red dragon fruit skin, fiber*