BUTTER COOKIES SUBSTITUTION OF COCONUT DREGS FLOUR AS A SNACK SOURCE OF FIBER

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ABSTRACT

The 2018 Riskesdas RI report shows that many Indonesians still do not consume enough vegetables and fruits as sources of fiber, with around 95.5% of the population aged ≥5 years not consuming enough of these two types of food. This lack of fiber intake can contribute to various degenerative diseases such as hypertension, coronary heart disease, hypercholesterolemia, and obesity. Coconut dregs flour, which is rich in dietary fiber, is one of the food ingredients that can be used to make butter cookies that function as a food source of fiber. This study aims to evaluate food fiber content, organoleptic characteristics, find the best formulation, analyze nutritional composition, compare with SNI Cookies standards, and determine nutritional value information of butter cookies as an alternative fiber source food. The research method used a completely randomized design (CRD) with six formulations and four repetitions, with variations in the ratio of wheat flour and coconut dregs flour: P1=9:1, P2=8:2, P3=7:3, P4=6:4, P5=5:5, and P6=4:6. The results showed a significant difference in the content of dietary fiber in butter cookies in each formulation, with a significance value of (0.00) < (α=0.05). The best formulation was P2 with a ratio of (8:2) wheat flour: coconut dregs flour. Chemical analysis of the best formulation of butter cookies showed energy of 435.8 kcal, protein content of 14.68%, fat 10.88%, carbohydrate 69.79%, ash content 1.54%, water content 3.88%, and dietary fiber 3.49%. The recommended serving size as a fiber source food is six pieces or the equivalent of 50 grams.

Keywords: *Butter Cookies, Coconut Dregs Flour, Dietary Fiber*