

# **Formulation of Croffle Substituted with Horned Banana Flour as a Snack for Hypertension Patients**

**Dian Nursita Dewi**

Clinical Nutrition Study Program

Department of Health

## **ABSTRACT**

Hypertension is one of the major problems in the world, where the prevalence of hypertension in the world is estimated at 22% of the total world population. Patients with hypertension are recommended to reduce or limit the consumption of sodium and fat, consume lots of fruits, vegetables, foods that contain potassium and calcium. Plantain is a fruit that contains high potassium. This study aims to develop an alternative healthy food product in the form of croffle substituted with banana horn flour for hypertensive patients. The design used in this study is a Completely Randomized Design (CRD) with 4 replications, the treatment formulation of wheat flour: horn banana flour is P1 (9.5: 0.5), P2 (9: 1), P3 (8.5: 1.5), P4 (8: 2), P5 (7.5: 2.5), and P6 (7: 3). Based on the research results, the best treatment is P5. The chemical test results of the best treatment croffle (P5) in 100 grams of product contained 406.78 kcal of energy, 9.37% protein, 13.18% fat, 62.67% carbohydrate, 14.20% water, 1.02% ash and 220.53 mg potassium. Portion for 1 meal is 1 piece (50 grams), the nutritional content of croffle in 1 piece (50 grams) is energy of 210 kcal, 5 grams protein, 7 grams fat, 31 grams carbohydrate and 110 mg potassium.

**Keywords:** Banana Horn Flour, Croffle, Hypertension, Potassium