

Making Pudding with the Addition of Soybean Flour as a High Protein Snack

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ABSTRACT

Soybeans are the main food source of vegetable protein for Indonesian people. The need for soybeans continues to increase from year to year. Soybeans are needed to meet the protein needs of society in an effort to improve the quality of human resources. Soybeans are a good source of nutrition for humans. Whole soybeans contain 35% to 38% of the highest protein. Pudding is a type of food product that is generally served as a dessert. Pudding products are popular with Indonesian people, with consumption levels reaching 70 g/person/day, which is greater in value than bread (50 g/person/day). This research design used the Completely Randomized Design (CRD) method with 6 treatments and 4 repetitions, namely P1 (0%), P2 (5%), P3 (10%), P4 (15%), P5 (20%), P6 (25%).

1. The results of the protein content in the pudding with the addition of soy flour ranged from 0.11-4.50%, which shows a significant difference with a p value of $0.000 < 0.05$. These results mean that with each additional concentration of soy flour there will be an increase in the protein content of the pudding. The nutritional content per 100 grams of the pudding formulation with the addition of the best treated soy flour, namely P5, contains 71 kcal of energy, 5.7 grams of protein, 2.3 grams of fat and 6.9 grams of carbohydrates.

Keywords: Soybean, Pudding, Soybean Flour, Protein