Making *Muffins* Substitute Sorghum Flour and Chocolate Powder As a Food Source Of Fiber

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ABSTRACT

The results of the 2018 Riskesdas data show that the rate of degenerative diseases in Indonesia reached 65.7%. Degenerative diseases are conditions in which organs or tissues decline over time. This disease is increasingly developing due to decreased physical activity, lifestyle and dietary patterns or lack of fiber consumption. One effort to prevent degenerative diseases is by consuming foods that are sources of fiber. Sorghum flour and cocoa powder can be used to make fiber-rich foods such as muffins. This study aims to evaluate dietary fiber content, organoleptic characteristics, find the best formulation, analyze nutritional composition, compare with commercial products, and analyze the nutritional composition of muffins as an alternative source of fiber. The research method used a Completely Randomized Design (CRD) with five formulations and five repetitions, with variations in the ratio of wheat flour: cocoa powder: sorghum flour, namely P1 (2: 1: 7), P2 (3: 2: 5), P3 (4: 1: 5), P4 (5: 2: 3), and P5 (6: 1: 3). Based on the results of the study, the best treatment was P4. The results of the best treatment muffin chemical test (P4) in 100 grams of product contains 398.2 Kcal of energy, 8.2% protein, 25.5% fat, 33.8% carbohydrates, 31.14% water, 1.25% ash and 4.19% dietary fiber. The portion for 1 meal is 1 cup (50 grams), the nutritional content of muffins in 1 cup (50 grams) is 200 Kcal, 4 grams of protein, 13 grams of fat, 17 grams of carbohydrates and 2 grams of fiber.

Keywords : Sorghum flour, chocolate powder, muffin, degenerative, fiber