

Formulation Egg Drop Cookies Substitution Of Coconut Dregs Flour As A Snack Source Of Fiber

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ABSTRACT

Based on Riskesdas data 2018, it shows that 95.5% of Indonesians consume less fiber. Indonesian Health Survey 2023, it also shows that around 96,7% of people consume less fiber. Coconut dregs flour, which is rich in dietary fiber, is one of the food ingredients that can be used to make egg drop cookies that function as a source of fiber. This study aims to analyze the characteristics of chemical and organoleptic nutritional content in egg drop cookies as a substitute for coconut dregs flour as an interlude food source of fiber. The research method used a Complete Random Design (RAL) with five formulations and five repetitions, with variations in the ratio of wheat flour and coconut dregs flour: P1 (80:20), P2 (75:25), P3 (70:30), P4 (65:35), and P5 (60:40). The results showed that there was a significant difference in the dietary fiber content of egg drop cookies in each formulation, with significance values ($P > 0,05$). The best formulation is found in P2 with a ratio of (75:25) wheat flour: coconut dregs flour. The chemical analysis of the best formulation egg drop cookies showed energy of 434.7 kcal, protein content of 9.59 g, fat of 15.22 g, carbohydrate of 64.84 g, ash content of 0.61 g, water content of 9.72 g and dietary fiber of 3.27 g. The recommended serving size as a fiber source interlude food is 7 pieces or equivalent to 49 grams.

Keywords: *Egg Drop Cookies, Dietary Fiber, Coconut Dregs Flour*