

Proportion Study of Making Snack Bar Cilembu Sweet Potato Flour and Corn Bran as an Alternative to High Fiber Snack

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ABSTRACT

This study aimed to produce a snack bar as an alternative to high fiber snack. The experimental design used was a Completely Randomized Design (CRD). Data analysis used was ANOVA analysis, followed by Duncan test with a significance level of $\alpha = 0.05$. Determination of the formulation of cilembu sweet potato flour : corn bran was P1 (90 : 10), P2 (80 : 20), P3 (70 : 30), P4 (60 : 40), P5 (50 : 50), with repetition 5 times. The results showed that there was a significant increase in iron levels in each snack bar treatment. The more addition of corn bran in the manufacture of snack bar, the content of the fiber in snack bar was also increasing. The result of the test of fiber on the snack bar P1 to P5 respectively were 5,07, 5,36, 5,69, 6,06, 6,31. In the analysis of the physical test, the hardness of the snack bar was carried out using a texture analyzer. The average results of the physical violence analysis on snack bar P1 to P5 respectively were 8,19 N, 8,80 N, 10,29 N, 11,25 N, 11,78 N. These results matched the level of the snack bar on the market. The best treatment was in a treatment of P5 (cilembu sweet potato flour :corn bran = 50: 50). In this study, snack bar on the best treatment of P5 can be used as an alternative snack high fiber with 3 bars servings a day, with the recommended weight of 105 grams per day

Keywords: Cilembu Sweet Potato Flour, Corn Bran, Fiber