

Kajian Pembuatan Bakpia Kumbu Edamame (*Glycine Max (L.) Merrill*) dan Ubi Jalar Putih (*Ipomoea Batatas L.*) Sebagai Alternatif Makanan Selingan Tinggi Serat dan Antioksidan. *Study Of Making Bakpia Kumbu Edamame (Glycine Max (L.) Merrill) and Sweet Potato White (Ipomoea Batatas L.) For Alternative Food Interlude High Fiber and Antioxidant.*

Lutfiah

Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Health problems has been occured a change among all these came from the community of infection disease become degenerative disease. One of the cause is diet inappropriate. Provision of food high fiber and antioxidant can reduce the risk degenerative disease. The research was intended to produce bakpia as food interlude high fiber and antioxidant. The kind of research using experimental laboratories to a draft random group. Data analyze by using analysis ANOVA, continued by test Tukey with the economic situation of sinifikan 1%. This study was conducted use substitusi edamame with sweet potato white which consisted of six treatment and four remedial. The best treatment to making kumbu bakpia is A1 treatment by comparison 90% edamame :10% sweet potato white. The provision of bakpia kumbu edamame and sweet potato white high fiber ant antioxidant based on composition nutrition bakpia A1, recommended bakpia that can be consumed in every day eat is 3-2 puck bakpia

Keywords : degenerative disease, edamame, sweet potato white