

“Study of Making Pie Shells with Yellow Pumpkin Flour and Seaweed Flour Substitution as the Alternative Source of Fiber Food”

Erina Maufirah
Clinical Nutrition Study Program
Health Department

ABSTRACT

Over time, the lifestyle of modern society can change a person's eating habits. Changes in diet can lead to reduce consumption of vegetables and fruits. There have been a change in diet especially in big cities, which is traditional food shifting into western food (like junk food) which often does not have balance of nutritional content of high calories and low fiber. This study aims to obtain the best Pie Shells formulation which is seen from the biochemical (fiber) and organoleptic properties (hedonic and hedonic quality) from the influence substitution of seaweed flour and pumpkin flour as an alternative source of fiber food. The research design used was Randomized Block Design (RBD) with 1 factor, namely the percentage of pie shells seaweed flour and pumpkin flour. The analysis carried out on this products namely fiber content analysis and organoleptic test. The results showed that Pie Shells substituted with seaweed flour and pumpkin flour significantly affected fiber content, hedonic quality test on color, texture, taste and hedonic test on color, aroma, texture, taste. However, it did not significantly affect the hedonic quality of aroma. The best treatment is Pie Shells with a formulation of 10% seaweed flour and 90% pumpkin flour which has a fiber content of 4.78% and the characteristics of the color tend to be dark, the aroma tends to margarine, the texture tends to be soft, and the taste tends to be sweet. The serving size of 2 pieces of Pie Shells (50 grams) can fulfill the energy needs of 10.9%, 8.2% protein requirements, 10.9% fat requirements, and carbohydrate needs 10.7% of the% AKG requirement.

Key words : Fiber, Pie Shells, Seaweed Flour, Pumpkin Flour