

**Kajian Pembuatan Mie Basah Berbasis Tepung Kacang Merah (*Phaseolus vulgaris*) Sebagai Alternatif Makanan Tinggi Serat (Study of making wet noodle based red bean flour as an alternative high fiber foods)**

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## **ABSTRACT**

*The substitution of red bean flour (*Phaseolus vulgaris*) in the production of wet noodles can be used as an alternative of high-fiber foods. This is because red bean flour has a sufficiently high fiber content. The aims: were to know the characteristics and nutritional value of wet noodle-based red bean flour as an alternative of high-fiber foods. Methods: This research used true experimental laboratories, are used a randomized block design with 6 treatments addition of red bean flour were: A1 (35% red bean flour), A2 (45% red bean flour), A3 (55% red bean flour), A4 ( 65% red bean flour), A5 (75% red bean flour), A6 (85% red bean flour), and each treatment was repeated 4 times. Result: red bean flour substitution on various treatments affect the fiber content of a wet noodle, the more red bean flour were substituted the fiber content on a wet noodle increases. A2 treatment (45% red bean flour) is the best treatment in terms of the index of effectiveness. Conclusion: the substitution of red bean flour significantly different with fiber wet noodles, substitute red bean flour significant effect ( $sig \geq 0, 05$ ) to test hedonic, and the best treatment was A2 (45% red bean flour) in the portion of 160 grams which is equivalent to 1 cup that contain 13.60 grams fiber so as to fullfill the needs of fiber a day need to consume a wet noodle in portions of 320 grams, equivalent of 2 cups.*

*Keywords: Wet Noodle, Red Bean, Fiber*