

Study of Making Purple Sweet Potato Flour Biscuits (*Ipomoea batatas* var. *Ayamurasaki*) and Tofu Flour as High Fiber Alternative Foods

Miftahul Jannah
Clinical Nutrition Study Program
Health Departement

ABSTRACT

The lifestyle of an increasingly modern society can have an impact on the changing lifestyles of the Indonesian people who tend to choose something practical with the wrong diet, namely high-calorie and low-fiber foods. Fiber is very important for the body because eating habits that lack fiber for a long time can be at risk for degenerative diseases such as diabetes mellitus, hypertension and cardiovascular disease. Fiber intake can be given in the form of food in the form of Biscuits. Therefore, research is needed to develop products with high nutritional value as an alternative to high fiber foods. Foods that contain fiber can delay the occurrence of gastric emptying and reduce hunger. This study aims to determine the characteristics and nutrition, especially fiber in purple sweet potato flour biscuits and tofu flour as an alternative to high-fiber foods. The research design used was randomized block design with 1 factor, namely the percentage of purple sweet potato flour biscuits and tofu flour. Analysis carried out on biscuit products namely fiber content analysis and organoleptic test. The results showed that the fiber content of the biscuits showed significant differences in each treatment and influenced the hedonic and hedonic quality organoleptic tests of color. However, it has no effect on hedonic and hedonic quality organoleptic tests on aroma, texture and taste. The best treatment from this study was A5 treatment (70% purple sweet potato flour + 30% tofu dregs flour). One serving of biscuits is 2 pieces (22 grams) with an energy content of 112.15 kcal, 6 grams of fat, 1.5 grams of protein, 13 grams of carbohydrates and 3 grams of food fiber. energy contribution 5.2%, total fat 8.9%, protein 2.5%, carbohydrate total 4% and food fiber 10%.

Keyword : *Fiber, Purple Sweet Potato Flour, Tofu Flour, Biscuits*