

Studi Pembuatan Kue Bagiak Substitusi Tepung Beras Hitam sebagai Makanan Fungsional Tinggi Antioksidan

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ABSTRAK

Penyakit tidak menular merupakan masalah kesehatan yang banyak diderita di dunia maupun di Indonesia. Sebanyak 17 juta orang meninggal akibat penyakit tidak menular dan diperlukan segera upaya pencegahan. Tujuan penelitian ini untuk menganalisis sifat mutu kue bagiak substitusi tepung beras hitam sebagai makanan fungsional tinggi antioksidan. Rancangan yang digunakan adalah Rancangan Acak Lengkap (RAL) dengan 6 formulasi perlakuan yaitu P1 (70% : 30%), P2 (65% : 35%), P3 (60% : 40%), P4 (55% : 45%), P5 (50% : 50%), P6 (45% : 55%). Hasil penelitian menunjukkan semakin banyak penambahan tepung beras hitam, maka kandungan antosianin semakin tinggi mulai dari yang terendah pada perlakuan P1 yaitu 0,11 mg/100 g sampai yang tertinggi pada perlakuan P6 yaitu 15,15 mg/100 g. Sedangkan tekstur (kekerasan) nilai terendah terdapat pada perlakuan P1 sebesar 27,52 N dan tertinggi terdapat pada perlakuan P2 sebesar 50,02 N. Perlakuan terbaik diperoleh pada perlakuan P6 dengan karakteristik warna cenderung abu-abu, aroma margarin cenderung kuat, rasa cenderung manis, tekstur cenderung agak renyah, kandungan antosianin 15,15 mg/100 g, kadar air 4,19%, kadar abu 1,25%, energi 435 kkal, protein 13,8%, lemak 11,31%, karbohidrat 69,135%, dan aktivitas antioksidan IC_{50} sebesar 18 ppm. Takaran saji kue bagiak sebanyak 50 gram ($\pm$ 5 butir) dengan nilai gizi energi 217,5 kkal, protein 6,93 g, lemak 5,66 g, dan karbohidrat 34,57 g. Dari penelitian ini dapat disimpulkan bahwa kue bagiak substitusi tepung beras hitam memiliki potensi sebagai makanan tinggi antioksidan.

Kata Kunci : Kue Bagiak, Tepung Beras Hitam, Antioksidan

Study of Bagiak Cake Making for Black Rice Flour Substitution as High Antioxidant Functional Food

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ABSTRACT

Non-communicable diseases are health problems that are suffered a lot in the world and in Indonesia. As many as 17 million people died from non-communicable diseases and immediate prevention is needed. The purpose of this study was to analyze the quality properties of bagiak cakes for black rice flour substitutes as functional foods high in antioxidants. The design used was a Completely Randomized Design (CRD) with 6 treatment formulations namely P1 (70%: 30%), P2 (65%: 35%), P3 (60%: 40%), P4 (55%: 45%) , P5 (50%: 50%), P6 (45%: 55%). The results showed that the more addition of black rice flour, the higher the anthocyanin content starting from the lowest in P1 treatment that is 0,11 mg / 100 g to the highest in P6 treatment that is 15,15 mg / 100 g. While the lowest texture (hardness) value was in the P1 treatment of 27,52 N and the highest was in the P2 treatment of 50,02 N. The best treatment was obtained in P6 treatment with the characteristic color tending to gray, margarine aroma tending to be strong, the taste tending to be sweet, texture tends to be slightly crisp, anthocyanin content of 15,15 mg / 100 g, moisture content of 4,19%, ash content of 1,25%, energy of 435 kcal, protein 13,8%, fat 11,31%, carbohydrate 69,13%, and IC₅₀ antioxidant activity of 18 ppm. The serving size of bagiak cake for as much as 50 grams (± 5 grains) with nutritional value of energy 217,5 kcal, protein 6,93 g, fat 5,66 g, and carbohydrates 34,57 g. From this study it can be concluded that the bagiak cake for the substitution of black rice flour has the potential as a food high in antioxidants.

Keywords : Bagiak Cake, Black Rice Flour, Antioxidants