

Kajian Pembuatan Pancake Dengan Penambahan Pisang Ambon (*Musa paradisiaca*) dan Kentang (*Solanum tuberosum l.*) Sebagai Makanan Selingan Bagi Penderita Hipertensi. (Study Making Pancakes With Addition Pisang Ambon (*Musa paradisiaca*) and Potato (*Solanum tuberosum l.*) as food interlude for Patients with Hypertension.)

Faizah Hikmatul Aulia
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Pancake is a kind of cake which is made from liquid dough. It can be made as thin as the form of omelet or somewhat thicker known in the community as a distraction food. The addition of potassium on pancake can be one of the efforts of therapy for patients with hypertension. This study aims to assess the addition of making pancake with banana's ambon and potato as a snack for people with hypertension. Based on the research has been done it can took a conclusion that potassium levels showed significantly different results between treatments. Making pancakes with banana's ambon and potato addition of highly significant (significant) on hedonic test and hedonic quality. The best treatment in the making pancake is treated with a ratio of 100% P0 banana's ambon : 0% potato. Giving pancake based nutritional composition on best treatment recommended portion is 300 gr of hearts total daily contains 908,28 mg potassium levels meet 96.62%, so the hearts once had recommended 150 gr or 3 fruit pancakes.

Keywords: Potassium, Potato, Pancake, Banana Ambon.