

Making Kastengel with Seaweed Flour Substitution as a Fiber Snack

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ABSTRACT

Dietary fiber is essential for good health. Consuming adequate fiber has health benefits. According to the 2018 Basic Health Research (RISKESDAS), 95.4% of the Indonesian population has insufficient fiber intake. Dietary fiber can be obtained from various sources, such as vegetables, fruits, nuts, cereals, grains, and tubers. Seaweed is one source of fiber. One such diversification effort is processing Eucheuma cottonii seaweed into flour, which can then be developed into various processed food products. The purpose of this study was to examine the characteristics of kastengel formulations with seaweed flour substitution as a fiber snack. This research was an analytical experiment using a completely randomized design (CRD). This study used five treatments with ratios of wheat flour and seaweed flour: P1 = 8:2, P2 = 7:3, P3 = 6:4, P4 = 5:5, and P5 = 4:6. The results showed a significant difference in the fiber content of kastengel with seaweed flour substitution. Based on the determination of the best treatment, the fifth treatment, with a ratio of wheat flour to seaweed flour of 6:4, was the best. The characteristics of the seaweed flour kastengel produced based on the best treatment were brown in color, with a slightly strong seaweed aroma, a slightly strong salty taste, a crunchy texture, and a dietary fiber content of 4.16 grams. Based on the results of the hedonic organoleptic test, panelists' preference for kastengel with seaweed flour substitutes in the best treatment ranged from average to like.

Keywords: Characteristics, Kastengel, Seaweed Flour, Fiber