

The Study of Making Pancake Substitution of Banana Skin Flour as a High-Fiber Functional Food

Leny Malinda

Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRACT

Metabolic syndrome is a group of symptoms that affect a person. These conditions include hypertension, high blood sugar levels, dyslipidemia, and obesity. Efforts to overcome this are taking a long time and gradually, such as consuming foods high in dietary fiber. Plantain peel flour pancakes are a high-fiber snack. This study aims to examine the characteristics of plantain peel flour pancakes as a high-fiber functional food. The experimental design used was a completely randomized design (CRD). This study used the basic ingredients of wheat flour and plantain peel flour with 6 treatments 4 times with the formulation of 90% + 10%, 80% + 20%, 70% + 30%, 60% + 40% 50% + 50% and 40. % + 60%. The results showed that the higher the proportion of plantain peel flour, the higher the dietary fiber content. There was a significant difference ($\text{sig} \leq 0.05$) on the levels of dietary fiber and the organoleptic test of the banana peel flour pancake. The best treatment of this study was P4 (60% wheat flour + 40% plantain peel flour) with the characteristics of food fiber content of 8.43 g / 100g, strong light brown color, distinctive banana aroma, sweet taste and slightly dense texture. The nutritional composition of plantain skin flour pancakes with 6.38 grams of protein, 7.58 grams of fat, 38.28 grams of carbohydrates. Serving portion of plantain skin flour pancakes 4 pieces (± 140 grams), in one day with 2 meals (2 pieces / meal).

Keywords: Metabolic Syndrome, Food Fiber, Pancakes.