

The Effect of Banana Type on the Chemical Characteristics of Banana Flour as a Local Food Ingredient Supporting Food Security and Nutrition

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ABSTRACT

Bananas are a leading national horticultural commodity with the highest production volume and widespread distribution throughout Indonesia. Bananas can be processed into banana flour, which can extend shelf life and is an effort to diversify food. This study aims to determine the chemical characteristics of various types of bananas. This study was a laboratory experiment with a completely randomized design (CRD). The samples used were banana flour from the varieties of yellow kepok, kayu, and ekor. The analysis included chemical tests, namely water content, ash content, protein, fat, carbohydrate, total dietary fiber, and potassium. The research data were analyzed statistically to determine the effect of banana type on the chemical characteristics of each variety of banana flour. Yellow kepok banana flour has the best characteristics compared to kayu banana flour and ekor banana flour. Yellow kepok banana flour has quite good chemical characteristics in carbohydrates (84.71%), protein (3.18%), and dietary fiber (11.32%). The high ash content (2.84%) and potassium (961.67 mg) in kayu banana flour can be used as an alternative food source of minerals. Furthermore, the low fat content (0.29%) in horn banana flour can be utilized as a low-fat food source. The research concluded that the flour content of yellow, wood, and horn banana varieties influences the chemical characteristics of banana flour. Furthermore, these three types of banana flour have the potential to be used as raw materials in developing local food products.

Keywords: *banana flour, banana varieties, local food, chemical characteristics*