

Studi Pengembangan Tepung Kecambah Kacang Komak (*lab Lab purpureus (L) Sweet*) dan Minyak Zaitun (*Extra Virgin Olive Oil.*) Sebagai Formula Diet Stroke
(Study The Development Of Komak Sprouts Flour (Lablab Purpureus (L.) Sweet) And Extra Virgin Olive Oil as Modification of Formula Diet Stroke)

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ABSTRAC

The purpose of this study was to investigate the effect of Komak Sprouts Flour and Extra Virgin Olive Oil as Modification Of Formula Diet Stroke on the quality properties, nutrition, energy and protein bioavailability Empiris. Completely randomized design (CRD) was use as the experimental design using a single factor. The formulation fixing on this experiment to comparision Komak Sprouts Flour and Skim Milk Powder is 5%:95%, 10%:90%, 15%:85%, 20%:80%, 25%:75%, 30%:70%, 35%:65%, 40%:60%, 45%:55%, 50%:50% each repeated three. The result of the study showed that the comparision of Komak Sprouts Flour And Skim Milk Powder every treatment very significant effect of energy, nutrition and protein bioavailability Empiris viscosity, organoleptic of Formula Diet Stroke. The best effect of the comparision 5%:95% by composition of Komak Sprouts Flour 5% and Skim Milk Powder 95% considering that it had the content of energy, nutrition and protein bioavailability Empiris viscosity, organoleptic which met the determined purpose.

Keywords : *Formula Diet Stroke, Komak Sprouts Flour And Skim Milk Powder.*

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh Tepung Kecambah Kacang Komak dan Minyak Zaitun Ekstra Virgin sebagai bahan modifikasi Formula Diet Stroke terhadap mutu fisik, kandungan gizi, nilai energi dan bioavailabilitas protein secara empiris. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap. Penetapan formulasi dalam penelitian ini dilakukan perbandingan Tepung Kecambah Kacang Komak dan Susu Skim Bubuk yaitu 5%:95%, 10%:90%, 15%:85%, 20%:80%, 25%:75%, 30%:70%, 35%:65%, 40%:60%, 45%:55%, 50%:50% dan setiap perlakuan diulang sebanyak 3 kali. Hasil penelitian menunjukkan bahwa formulasi perbandingan tepung kecambah kacang komak dan susu skim bubuk tiap taraf perlakuan Berpengaruh Sangat Nyata terhadap viskositas, nilai energi, kandungan gizi, bioavailabilitas protein secara empiris dan organoleptik Formula Diet Stroke. Perlakuan terbaik terjadi pada perbandingan 5%:95% yaitu 5% tepung kecambah kacang komak dan 95% susu skim bubuk karena memiliki nilai energi, kandungan gizi, bioavailabilitas protein, viskositas dan organoleptik yang memenuhi tujuan yang telah ditetapkan.

Kata Kunci : Formula Diet Stroke, Tepung Kecambah Kacang Komak dan Susu Skim