

ABSTRACT

Arfina Maulidya. B1810320. *Chemical and Organoleptic Characteristics of Snack bars Based on Brown Rice Flour (*Oryza nivara*) and Red Bean (*Phaseolus vulgaris* L.) with the Addition of Avocado Seed Flour (*Persea americana* Mill). Supervised by Aminullah and Nindya Atika Indrastuti.*

*Snack bar is a type of processed food that has solid characteristics and is made of a combination of several food ingredients combined into one with the help of a binder. This study generally aims to study the impact of substituting avocado seed flour (*Persea americana* Mill) on protein content, crude fiber, calorific value and hedonic snack bars from brown rice flour and red beans. This study used a Complete Randomized Design (CRD) of one of the factors, namely the variation in the addition of the amount of avocado seed flour. Factors consist of five levels of treatment, namely a mixture of brown rice flour and red beans : avocado seed flour (90 (54: 36) : 10), (85 (51: 34) : 15), (80 (48 : 32) : 20), (75 (45 : 30) : 25) and (70 (42 : 28) : 30). The data analysis used was an ANOVA with Duncan Advanced Test ($\alpha=0.05$). The use of avocado seed flour affects the decreasing protein yield while crude fiber and the caloric value of the result increase as it is more and more used, as well as affecting the panelists' liking for the resulting product. The results of the analysis of protein, crude fiber and calorific value obtained the treatment of adding 10%, 15% and 20% avocado seed flour which met the standards and then tested hedonic. Based on the hedonic test, 10% avocado seed flour addition treatment was obtained as a selected product which was then carried out proximate analysis. The results of the chemical analysis of the selected products obtained water content of 6.27%, ash content of 3.82%, fat content of 16.29%, carbohydrate content of 57.94%, protein content of 15.69%, crude fiber content of 10.18% and calorific value of 441.09 kcal and the results of hedonic analysis of selected products obtained color 6.70, taste 6.42, aroma 7.13, texture 5.82, and overall 6.71.*

Keywords : Snack bar, avocado seed flour, brown rice flour, red bean, crude fiber.

ABSTRAK

Arfina Maulidya. B1810320. Karakteristik Kimia dan Organoleptik *Snack bar* Berbasis Tepung Beras Merah (*Oryza nivara*) dan Kacang Merah (*Phaseolus vulgaris* L.) dengan Penambahan Tepung Biji Alpukat (*Persea americana* Mill). Dibawah bimbingan Aminullah dan Nindya Atika Indrastuti.

Snack bar adalah jenis olahan berkarakteristik padat dan terbuat dari kombinasi sejumlah bahan yang dipadukan dengan *binder*. Penelitian ini bertujuan untuk mempelajari pengaruh substitusi tepung biji alpukat (*Persea americana* Mill) terhadap kadar protein, serat kasar, nilai kalori dan hedonik *snack bar* dari tepung beras merah dan kacang merah. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) satu faktor yaitu variasi penambahan jumlah tepung biji alpukat. Faktor terdiri dari lima taraf perlakuan yaitu campuran tepung beras merah dan kacang merah : tepung biji alpukat (90 (54 : 36) : 10), (85 (51 : 34) : 15), (80 (48 : 32) : 20), (75 (45 : 30) : 25) dan (70 (42 : 28) : 30). Analisis data yang digunakan adalah ANOVA dengan Uji Lanjut Duncan ($\alpha=0,05$). Penggunaan tepung biji alpukat mempengaruhi terhadap hasil protein yang semakin menurun sedangkan serat kasar dan nilai kalori hasil semakin meningkat ketika semakin banyak penggunaannya, serta mempengaruhi kesukaan panelis terhadap produk yang dihasilkan. Hasil analisis protein, serat kasar dan nilai kalori ini didapatkan perlakuan penambahan tepung biji alpukat 10%, 15% dan 20% yang memenuhi standar lalu diuji hedonik. Berdasarkan uji hedonik didapatkan perlakuan penambahan tepung biji alpukat 10% sebagai produk terpilih yang kemudian dilakukan analisis proksimat. Hasil analisis kimia terhadap produk terpilih didapatkan kadar air 6,27%, kadar abu 3,82%, kadar lemak 16,29%, kadar karbohidrat 57,94%, kadar protein 15,69%, kadar serat kasar 10,18% dan nilai kalori 441,09 kkal serta hasil analisis hedonik produk terpilih didapatkan warna 6,70, rasa 6,42, aroma 7,13, tekstur 5,82, dan *overall* 6,71.

Kata Kunci : *Snack bar*, tepung biji alpukat, tepung beras merah, kacang merah, serat kasar.