

# PENGARUH SUBSTITUSI TEPUNG KELAPA TERHADAP NUTRISI DAN MUTU SENSORIS KUE BANGKIT

[The Effect Of Coconut Flour Substitution on Nutrition And Sensory Quality of Kue Bangkit]

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## ABSTRACT

*Kue bangkit is a type of pastry that has a smooth, crunchy and brittle texture, is small in size, and has a sweet taste. Kue bangkit is generally made from tapioca flour. The purpose of this study was to determine the effect of coconut flour substitution on the nutrition and sensory quality of kue bangkit. The design used in this study was a completely randomized design (CRD) with one factor, namely the substitution of coconut flour (P) which was repeated three times. The treatments consisted of P0 (100% Tapioca Flour: 0% Coconut Flour), P1 (90% Tapioca Flour: 10% Coconut Flour), P2 (80% Tapioca Flour: 20% Coconut Flour), P3 (70% Tapioca Flour: 30% Coconut Flour), P4 (60% Tapioca Flour: 40% Coconut Flour) and P5 (50% Tapioca Flour: 50% Coconut Flour). The parameters observed were moisture content, ash content, protein content, fracture strength, L value (brightness) and organoleptics which included taste, color, aroma, and texture. The observed data were tested by analysis of variance at the 5% level using the Co-Stat software. If the results of the observations have a significant difference, then it is further tested using Honestly Significant Differences test (HSD) at the same level. The results showed that the substitution treatment of coconut flour had a significant effect on moisture content, ash content, protein content, fracture strength, L value (brightness) and organoleptic aroma, taste, texture, color (scoring) and flavor, aroma, texture, color (hedonic) but not significantly different on the organoleptic aroma (hedonic). The best treatment was the substitution of 40% coconut flour with the characteristics of moisture content of 3.07%, an ash content of 1.74%, protein content of 9.27%, fracture power of 26,22 N, an L value of 87.70%, organoleptic test of hedonic method, aroma 3.70 (like), taste 3.00 (slightly like), texture 3.25 (slightly like) and color 3.5 (like). Organoleptic test of the scoring method aroma 3.85 (coconut flavored), taste 2.85 (slightly savory, typical of coconut), texture 2.3 (not crunchy), and color 2.90 (yellow).*

**Keywords:** coconut flour, tapioca flour, kue bangkit

## ABSTRAK

Kue bangkit adalah jenis kue kering yang memiliki tekstur halus, renyah dan mudah rapuh, berukuran kecil-kecil serta memiliki rasa manis. Kue bangkit umumnya dibuat dari bahan dasar tepung tapioka. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh substitusi tepung kelapa terhadap nutrisi dan mutu sensoris kue bangkit. Rancangan yang digunakan dalam penelitian ini adalah Rancangan Acak Lengkap (RAL) dengan satu faktor yaitu substitusi tepung kelapa (P) yang diulang sebanyak tiga kali. Perlakuan terdiri atas P0 (100% Tepung Tapioka: 0% Tepung Kelapa), P1 (90% Tepung Tapioka: 10% Tepung Kelapa), P2 (80% Tepung Tapioka: 20% Tepung Kelapa), P3 (70% Tepung Tapioka: 30% Tepung Kelapa), P4 (60% Tepung Tapioka: 40% Tepung Kelapa) dan P5 (50% Tepung Tapioka: 50% Tepung Kelapa). Parameter yang diamati yaitu kadar air, kadar abu, kadar protein, daya patah, nilai L (kecerahan) dan organoleptik yang meliputi rasa, warna, aroma dan tekstur. Data hasil pengamatan diuji dengan analisis keragaman pada taraf 5% menggunakan *software Co-Stat*. Apabila hasil pengamatan terdapat perbedaan yang nyata, maka diuji lanjut dengan menggunakan uji Beda Nyata Jujur (BNJ) pada taraf yang sama. Hasil penelitian menunjukkan bahwa perlakuan substitusi tepung kelapa memberikan pengaruh yang berbeda nyata terhadap kadar air, kadar abu, kadar protein, daya patah, nilai L (kecerahan) dan organoleptik aroma, rasa, tekstur, warna (skoring) dan rasa aroma, tekstur, warna (hedonik) namun memberikan pengaruh yang tidak berbeda nyata terhadap organoleptik aroma (hedonik). Perlakuan terbaik adalah substitusi tepung kelapa 40% dengan karakteristik kadar air 3,07%, kadar abu 1,74%, kadar protein 9,27%, daya patah 26,22 N, nilai L 87,70, uji organoleptik metode hedonik aroma 3,70 (suka), rasa 3,00 (agak suka), tekstur 3,25 (agak suka) dan warna 3,5 (suka). Uji organoleptik metode skoring aroma 3,85 (beraroma kelapa), rasa 2,85 (agak gurih khas kelapa), tekstur 2,3 (tidak renyah), dan warna 2,90 (kuning).

**Kata Kunci:** kue bangkit, tepung kelapa, tepung tapioka