

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU**

PROGRAM STUDI DIPLOMA III GIZI

TUGAS AKHIR, 2021

SHELLA PUTRI NARISNANDA

**TINGKAT KESUKAAN PADA KUE SEMPRIT SAGU DENGAN SUBSTITUSI
TEPUNG BIJI CHIA**

xiii + 52 Halaman + 12 Tabel + 7 Gambar + 11 Lampiran

ABSTRAK

Kue kering merupakan camilan yang banyak diminati atau dikonsumsi oleh masyarakat, salah satu jenisnya yaitu kue semprit. Pengolahan pangan berbasis bahan baku lokal mulai digiatkan akhir-akhir ini. Salah satunya adalah dengan pemanfaatan sagu sebagai bahan pangan dikarenakan Riau termasuk penghasil sagu terbesar di Indonesia. Sagu merupakan tepung bebas gluten. Namun, sagu memiliki kandungan protein, serat, vitamin serta mineral yang rendah sehingga perlu adanya alternatif penambahan pangan fungsional seperti penambahan biji chia yang memiliki karakteristik proksimat yang unggul dan juga bebas dari protein gluten. Penelitian ini bertujuan untuk mengetahui tingkat kesukaan pada kue semprit sagu dengan substitusi tepung biji chia.

Penelitian ini bersifat eksperimental dengan desain penelitian Rancangan Acak Lengkap (RAL) dengan empat macam perbandingan tepung sagu dan tepung biji chia, yaitu P0 (100% : 0%), P1 (95% : 5%), P2 (90% : 10%) dan P3 (85% : 15%) yang kemudian dilanjutkan dengan uji organoleptik di Laboratorium Pangan Poltekkes Kemenkes Riau pada 17 panelis agak terlatih yang selanjutnya di analisis dengan uji *One Way Anova* dan uji *Duncan*.

Hasil penelitian menunjukkan bahwa ada pengaruh substitusi tepung biji chia terhadap tingkat kesukaan rasa, warna, tekstur dan aroma kue semprit sagu ($p < 0,05$). Dari penelitian ini diperoleh hasil bahwa formulasi terbaik adalah P1 (tepung biji chia 10%). Penambahan tepung biji chia pada kue semprit sagu memberikan pengaruh nyata pada rasa, warna, tekstur dan aroma produk.

Daftar pustaka : 25 (2006-2020)

Kata kunci : Chia, Kue Semprit, Tepung Biji Chia, Tepung Sagu.

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, RIAU**

DIPLOMA III NUTRITION STUDY PROGRAM

FINAL PROJECT, 2021

SHELLA PUTRI NARISNANDA

**LEVEL OF PREFERENCE OF SAGO SYRINGE COOKIES WITH CHIA
SEED FLOUR SUBSTITUTION**

xiii + 52 Pages + 12 Tables + 7 Pictures + 11 Appendices

ABSTRACT

Pastries are snacks that are in great demand or consumed by the public, one of which is syringe cookies. Food processing based on local raw materials has been intensified recently. One of them is the use of sago as a food ingredient because Riau is the largest sago producer in Indonesia. Sago is a gluten-free flour. However, sago has low protein, fiber, vitamin and mineral content, so it is necessary to have alternative functional food additions such as the addition of chia seeds which have superior proximate characteristics and are also free from gluten protein. This study aims to determine the level of preference for sago syringe cake with chia seed flour substitution.

This research is an experimental research design with Completely Randomized Design (CRD) with four kinds of comparisons of sago flour and chia seed flour, namely P0 (100% : 0%), P1 (95% : 5%), P2 (90% : 10%) and P3 (85% : 15%) which was then continued with organoleptic tests at the Food Laboratory of the Health Polytechnic of the Ministry of Health Riau on 17 moderately trained panelists which were then analyzed by the One Way Anova test and Duncan's test.

The results showed that there was an effect of substitution of chia seed flour on the level of preference for taste, color, texture and aroma of sago syringe cake ($p < 0.05$). From this study, it was found that the best formulation was P1 (10% chia seed flour). The addition of chia seed flour to the sago syringe had a significant effect on the taste, color, texture and aroma of the product.

Bibliography: 25 (2006-2020)

Keywords: Chia, Chia Seed Flour, Sago Flour, Syringe Cookie