

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI
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**RAUDHATUL AULIA EKA PUTRI
“FORMULASI DAN KANDUNGAN GIZI KUE LUMPUR TEPUNG
AMPAS KELAPA”**

xi + 64 Halaman + 7 Tabel + 12 Gambar + 13 Lampiran

ABSTRAK

Ampas kelapa bisa diolah menjadi tepung dan bisa digunakan sebagai bahan dalam pembuatan produk pangan. Pengolahan ampas kelapa menjadi tepung juga bertujuan untuk meningkatkan nilai ekonomis. Penelitian ini bertujuan untuk mengetahui formulasi dan kandungan gizi kue lumpur tepung ampas kelapa. Penelitian ini bersifat eksperimental dengan desain penelitian menggunakan rancangan acak lengkap (RAL) dengan perlakuan F0 (tepung terigu 100 g), F1 (tepung ampas kelapa 20 g), F2 (tepung ampas kelapa 25 g), dan F3 (tepung ampas kelapa 30 g). Untuk menjelaskan tingkat kesukaan kue lumpur dilakukan uji tingkat kesukaan dengan 25 panelis agak terlatih selanjutnya hasil uji tingkat kesukaan di analisa dengan uji *Anova* dan uji lanjut *Duncan*. Uji Proksimat dilakukan untuk mengetahui nilai gizi kue lumpur. Dari penelitian ini diperoleh hasil bahwa kue lumpur F0 (kontrol) merupakan kue lumpur dengan nilai rata-rata tertinggi yaitu 5,09 (suka) pada uji tingkat kesukaan. Formulasi tepung ampas kelapa pada kue lumpur memberikan pengaruh nyata pada parameter warna. Kandungan gizi pada formulasi kue lumpur F0 (tepung terigu 100 g) yaitu kadar air 50,10%, kadar abu 0,08%, kadar protein 2,70%, kadar serat 6,89%, kadar lemak 9,27% kadar karbohidrat 14,65%. Sedangkan kandungan gizi pada formulasi F3 (tepung ampas kelapa 30 g) ialah kadar air 47,42%, kadar abu 0,12%, kadar protein 3,24%, kadar serat 6,65%, kadar lemak 18,38%, kadar karbohidrat 17,07%.

Daftar Pustaka: 33 (2008-2021)

Kata Kunci : Formulasi, Kue lumpur, Tepung ampas kelapa, Kandungan gizi

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**RAUDHATUL AULIA EKA PUTRI
FORMULATION AND NUTRITIONAL CONTENT OF COCONUT DREG
FLOUR MUD CAKE**

xi + 64 Pages + 7 Tables + 12 Figures + 13 Appendices

ABSTRACT

Coconut dreg can be processed into flour and can be used as an ingredient in the manufacture of food products. Processing of coconut dreg into flour also aims to increase the economic value. This study aims to determine the formulation and nutritional content of coconut dregs flour mud cakes. This research is experimental with research design using completely randomized design (CRD) with treatments F0 (wheat flour 100 g), F1 (coconut dregs flour 20 g), F2 (coconut dregs flour 25 g), and F3 (coconut dregs flour 30 g).). To explain the level of preference for the mud cake, a preference level test was carried out with 25 moderately trained panelists, then the results of the preference level were analyzed using the Anova test and Duncan's follow-up test. Proximate test was conducted to determine the nutritional value of the mud cake. From this study, it was found that the mud cake F0 (control) was the mud cake with the highest average value of 5.09 (like) on the level of preference test. The formulation of coconut dregs flour in mud cake has a significant effect on color parameters. The nutritional content of the F0 mud cake formulation (wheat flour 100 g) is water content 50,10%, ash content 0.08%, protein content 2.70%, fiber content 6.89%, fat content 9.27% carbohydrate content 14.65%. While the nutritional content in the F3 formulation (coconut dregs flour 30 g) was 47.42% water content, 0.12% ash content, 3.24% protein content, 6.65% fiber content, 18.38% fat content, high protein content, carbohydrates 17.07%.

Bibliography: 33 (2008-2021)

Keywords : Formulation, Mud cake, Coconut pulp flour, Nutritional content