

PEMBUATAN GRANOLA BAR DENGAN PENAMBAHAN KACANG-KACANGAN YANG MENGANDUNG ZAT BESI

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ABSTRAK

Granola bar adalah produk makanan ringan berbasis sereal yang terdiri dari biji-bijian utuh yang sehat seperti gandum, beras, dan kacang-kacangan. Biasanya dimaniskan secara alami dengan madu dan buah-buahan. Penelitian ini bertujuan untuk menganalisis karakteristik dan mutu, menganalisis daya terima dan menganalisis uji kimia pada produk granola bar. Metode penelitian yang digunakan yaitu Rancangan Acak Lengkap (RAL), eksperimental, 4 faktor 3 taraf perlakuan terdiri dari kacang merah, kacang hijau, kacang tanah dan kacang almond. Hasil uji statistik menggunakan analisis kruskal wallis pada uji organoleptik didapatkan hasil yang memiliki perbedaan signifikan pada warna, aroma, rasa dan tekstur ($p < 0,05$). Uji hedonik tertinggi pada masyarakat (73,4%). Hasil penelitian didapatkan bahwa kadar air tertinggi 24,15% dan kadar air terendah 23,10%, kadar abu tertinggi 1,77% kadar abu terendah 1,41%, kadar lemak tertinggi 18,40% dan kadar lemak terendah 18,18%, kadar protein tertinggi 15,39% kadar protein terendah 14,52%, kadar karbohidrat tertinggi 41,54% kadar karbohidrat terendah 41,32% dan kadar zat besi tertinggi 1,65 mg/100g kadar zat besi terendah 1,45 mg/100g. Kesimpulannya produk *granola bar* dengan penambahan kacang-kacangan 150 gr lebih disukai dan sesuai dengan karakteristik granola bar dapat diterima oleh masyarakat.

Kata kunci : Kacang merah, kacang hijau, kacang tanah, kacang almond, zat besi, granola bar

MANUFACTURE OF GRANOLA BARS WITH THE ADDITION OF IRON-CONTAINING NUTS

ABSTRACT

Granola bars are cereal-based snack products consisting of healthy whole grains such as oats, rice, and beans. It is usually sweetened naturally with honey and fruits. This study aims to analyze characteristics and quality, analyze acceptability and analyze chemical tests on granola bar products. The research method used was Complete Randomized Design (RAL), experimental, 4 factors 3 levels of treatment consisting of red beans, green beans, peanuts and almonds. The results of statistical tests using Kruskal Wallis analysis in organoleptic tests obtained results granola bar had significant differences in color, aroma, taste and texture ($p < 0.05$). Hedonic testing was highest in society (73.4%). The highest water content was 24.15% and the lowest water content was 23.10%, the highest ash content was 1.77%, the lowest ash content was 1.41%, the highest fat content was 18.40% and the lowest fat content was 18.18%, the highest protein content was 15.39%, the lowest protein content was 14.52%, the highest carbohydrate content was 41.54%, the lowest carbohydrate content was 41.32%, and the highest iron content was 1.65 mg/100g, the lowest iron content was

1.45 mg/100g. In conclusion, granola products with the addition of nuts of 150 gr prefer and accordance with the characteristics of granola bars can be accepted by the society.

Keywords: red beans, green beans, peanuts, almonds, iron levels, granola bar