

## ABSTRAK

*NOVA ADITYA RAHAYU NING TIAS. Kadar Serat, Kadar Air dan Sifat Sensoris Puding Instan Formulasi Tepung Rumput Laut dan Tepung Beras Coklat. Dibimbing oleh SITI AMINAH dan YUNAN KHOLIFATUUDIN SYA'DI.*

Konsumsi serat saat ini sangat dianjurkan untuk memenuhi kebutuhan tubuh manusia, karena serat makanan bermanfaat untuk pencernaan serta kesehatan. Sumber serat tidak hanya terdapat pada buah dan sayur, melainkan sereal dan tumbuhan laut seperti rumput laut dan salah satu produk olahannya berupa puding. Puding merupakan makanan selingan yang dihidangkan setelah makan. Puding dengan formulasi tepung rumput laut dan beras coklat merupakan pengembangan produk fungsional yang lebih praktis dalam penyediaannya. Tujuan penelitian ini adalah untuk menganalisis sifat kimia (kadar serat dan kadar air) dan mengetahui sifat sensoris puding instan dari formulasi tepung rumput laut dan tepung beras coklat. Jenis penelitian yang digunakan berupa penelitian eksperimental menggunakan Rancangan Acak Lengkap (RAL) monofaktor dengan formulasi tepung rumput laut dan tepung beras coklat 100:0%, 90%:10%, 80%:20%, 70%:30% dan 60%:40%. Variabel yang dianalisis meliputi kadar serat, kadar air dengan metode oven dan sifat sensoris menggunakan metode hedonik. Hasil penelitian menunjukkan bahwa penambahan tepung beras coklat tidak berpengaruh nyata terhadap peningkatan kadar serat, namun berpengaruh nyata terhadap penurunan kadar air. Perlakuan terbaik terdapat pada P2 dengan formulasi tepung rumput laut 90% dan tepung beras coklat 10% dengan kadar serat 52,88%, kadar air 18,84%, warna 3,7 (suka), tekstur 2,6 (agak suka), aroma 3,1 (suka) dan rasa 3,8 (suka).

**Kata kunci** : Puding instan, beras coklat kadar serat, kadar air, sifat sensoris.

## **ABSTRACT**

*NOVA ADITYA RAHAYU NING TIAS. Fiber Content, Moisture Content and Sensory Properties Instant Pudding Formulation of Seaweed Flour and Brown Rice Flour. Supervised by SITI AMINAH and YUNAN KHOLIFATUUDIN SYA'DI.*

*Consumption of fiber is currently highly recommended to meet the needs of the human body, because dietary fiber is beneficial for digestion and health. Sources of fiber are not only found in fruits and vegetables, but also cereals and marine plants such as seaweed and one of the processed products is pudding. Pudding is a snack that is served after eating. Pudding is a snack that is served after eating. Pudding with the formulation of seaweed flour and brown rice is a functional product development that is more practical in its preparation. The purpose of this study was to analyze the chemical properties (fiber content and water content) and determine the sensory properties of instant pudding from seaweed flour and brown rice flour formulations. The type of research used was experimental research using a monofactor completely randomized design (CRD) with the formulation of seaweed flour and brown rice flour 100:0%, 90%:10%, 80%:20% 70%:30% and 60%:40 %. The variables analyzed included fiber content, moisture content using the oven method and sensory properties using the hedonic method. . The results showed that the addition of brown rice flour had no significant effect on increasing fiber content, but had a significant effect on reducing water content. The best treatment was found in P2 with a formulation of 90% seaweed flour and 10% brown rice flour with a fiber content of 52.88%, water content 18.84%, color 3.7 (like), texture 2.6 (slightly like), aroma 3,1 (like) and 3.8 (like).*

**Keywords:** *Instant pudding, brown rice fiber content. moisture content, sensory properties.*