

# **SIFAT FISIK, KIMIA DAN KESUKAAN KUE BROWNIES UWI UNGU DENGAN VARIASI PENAMBAHAN KACANG HIJAU DAN WAKTU PENGUKUSAN**

## **INTISARI**

Brownies memiliki kandungan gizi yang cukup lengkap, dalam 100 g mengandung Energi 434 kkal, Karbohidrat 76,6 g, Lemak 14 g, Kalium 219 mg, dan Natrium 303 mg. Uwi ungu memiliki kandungan antioksidan alami sebesar 31 mg dalam 100 g bahan kering. Tepung kacang hijau kacang hijau memiliki kandungan protein cukup tinggi yaitu sebesar 19,09 %.

Penelitian ini bertujuan untuk mengetahui kue brownies kukus uwi ungu dengan variasi penambahan kacang hijau dan waktu pengukusan terhadap sifat fisik, kimia dan tingkat kesukaan panelis. Pada penelitian ini dibuat kue brownies kukus dengan perlakuan variasi penambahan tepung terigu, tepung uwi ungu dan tepung kacang hijau (100% : 0% : 0%); (80% : 10% : 10%); (60% : 20% : 20%); (40% : 30% : 30%); (20% : 40% : 40%) dan perlakuan variasi lama waktu pengukusan 25 menit dan 30 menit. Analisis yang dilakukan pada penelitian ini meliputi analisis kadar air, kadar abu, kadar protein, kadar lemak, kadar serat kasar, kadar karbohidrat dan aktivitas antioksidan dan tingkat kesukaan meliputi warna, aroma, rasa, tekstur dan kesukaan keseluruhan kue brownies kukus.

Hasil penelitian menunjukkan bahwa perlakuan terbaik dan disukai panelis dengan pengaruh variasi penambahan tepung terigu 40% : tepung uwi ungu 30% : tepung kacang hijau 30% dan variasi lama waktu pengukusan 30 menit. Kue brownies kukus dengan perlakuan 40:30:30% memiliki kandungan kadar air 27,83% b/b, kandungan kadar abu 1,49 % b/b, kandungan kadar protein 21,65%, kandungan kadar lemak 6,21%, kandungan kadar serat kasar 13,84%, kandungan karbohidrat 28,94% db dan aktivitas antioksidan 63,07% RSA.

Kata Kunci : brownies, tepung uwi ungu, tepung kacang hijau

**PHYSICAL AND CHEMICAL PROPERTIES AND PREFERENCE LEVEL  
OF PURPLE YAM BROWNIES WITH GREEN BEAN VARIATION  
ADDITION AND STEAMING TIME**

**ABSTRACT**

Brownies have a fairly complete nutritional content, in 100 g contains Energy 434 kcal, Carbohydrates 76.6 g, Fat 14 g, Potassium 219 mg, and Sodium 303 mg. Purple yam has a natural antioxidant content of 31 mg in 100 g of dry ingredients. Green bean flour has a high protein content of 19.09%.

This study aims to find out the purple yam steamed brownie cake with variations in the addition of green beans and steaming time to the physical, chemical properties and favorite levels of panelists. In this study made steamed brownie cake with the treatment of variations in the addition of wheat flour, purple yam flour and green bean flour (100% : 0% : 0% ) ; (80% : 10% : 10% ) ; (60% : 20% : 20% ) ; (40% : 30% : 30 % ) ; ( 20% : 40% : 40% ) and treatment variations of the length of the drain time 25 minutes and 30 minutes. The analysis conducted in this study included analysis of water content, ash content, protein content, fat content, coarse fiber content, carbohydrate content and antioxidant activity and favorite levels include color, aroma, taste, texture and overall favorite steamed brownie cake.

The results showed that the best treatment and preferred panelists with the influence of variations in the addition of wheat flour 40% : purple yam flour 30% : green bean flour 30% and variations in the length of the time of harvesting 30 minutes. Steamed brownies with treatment 40:30:30% have a moisture content of 27.83% b/b, ash content of 1.49% b/b, protein content of 21.65%, fat content of 6.21%, coarse fiber content of 13.84%, carbohydrate content of 28.94% db and antioxidant activity of 63.07% RSA.

Keywords: brownies, purple yam flour, green bean flour