

FORMULASI TIWUL INSTAN KAYA VITAMIN A DARI TEPUNG CASSAVA DAN TEPUNG CASSAVA TERMODIFIKASI

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ABSTRAK

Tiwul instan is one type of traditional food which is quite popular. The major problem is the poor from tiwul instan micro elements and vitamins needed by human body, particularly vitamin A. Especially this time vitamin A vitamin deficiency is still a problem in Indonesia. Hence the need for fortification of vitamin A in the process of making tiwul instan formula to increase the content of nutrients.

Experimental Design The study was conducted using nested where factor A is a type of cassava flour is used which consists of two levels of modification of cassava flour and cassava flour without modification. Factor B is the pumpkin flour fortification consisting of four levels namely 0%, 10%, 20%, and 30%.

Vitamin A Fortification of flour pumpkin real influence on instant tiwul made from cassava flour and cassava starch modification. Influence can be seen on the water content (the higher the water content decreases fortification); ash content (the higher the ash content increased fortification); fat (the higher the fortification, the higher the fat content of instant tiwul); Protein (the higher the protein content higher fortification); Carbohydrates (the higher fortification of carbohydrate tended to decrease); Starch (the higher the starch content decreases fortification); dietary fiber (the higher the fiber content of food fortification increases); beta carotene (the higher the content of beta-carotene fortification increases); rehydration (ORS fortified the higher tends to increase); and cooking time 1 and 2 (the higher fortification decreases cooking time)