

**ANALISIS PROKSIMAT DAN KADAR GULA TOTAL PADA KUKIS
BERBAHAN DASAR TEPUNG MOCAF
(*Modified Cassava Flour*)**

SALMA RACHIL NURMANZILANI

211FF03090

Program Studi Sarjana Farmasi, Fakultas Farmasi
Universitas Bhakti Kencana

ABSTRAK

Perubahan gaya hidup masyarakat mendorong peningkatan konsumsi camilan, terutama dikalangan anak-anak dan remaja. Namun, camilan yang tersedia dipasaran masih menggunakan tepung terigu yang memiliki indeks glikemik yang tinggi. Oleh karena itu, diperlukan inovasi camilan yang tidak hanya disukai secara sensorik, tetapi juga memiliki kandungan gizi seimbang dan kadar gula yang terkontrol. Tepung mocaf (*Modified Cassava Flour*), yang berasal dari singkong, merupakan alternatif bahan baku lokal bebas gluten yang berpotensi digunakan dalam pengembangan produk camilan sehat. Penelitian ini bertujuan untuk menganalisis kandungan proksimat dan kadar gula total pada kukis berbahan dasar tepung mocaf. Analisis proksimat meliputi kadar air, abu, protein, lemak, serat kasar, dan karbohidrat. Penetapan kadar gula total dilakukan menggunakan metode Somogyi-Nelson yang dianalisis dengan spektrofotometri UV-Vis. Hasil penelitian menunjukkan bahwa kukis berbahan dasar tepung mocaf memiliki kadar air sebesar $4,54 \pm 0,07\%$, abu $1,45 \pm 0,04\%$, protein $6,19 \pm 0,17\%$, serat kasar $1,44 \pm 0,06\%$, lemak $16,48 \pm 0,26\%$, dan karbohidrat $71,31 \pm 0,19\%$. Sedangkan kadar gula total yang diperoleh sebesar 14,90 %. Berdasarkan hasil tersebut, kukis berbahan dasar tepung mocaf memiliki kandungan gizi yang baik dan kadar gula yang masih dalam batas aman, sehingga berpotensi sebagai alternatif camilan sehat serta mendukung pemanfaatan bahan pangan lokal.

Kata kunci: tepung mocaf, kukis, proksimat, gula total, metode Somogyi-Nelson, spektrofotometri UV-Vis.

PROXIMATE ANALYSIS AND TOTAL SUGAR CONTENT IN MOCAF FLOUR BASED (*Modified Cassava Flour*)

**SALMA RACHIL NURMANZILANI
211FF03090**

Departement Of Pharmacy, Facculty Of Pharmacy
Bhakti Kencana University

ABSTRACT

Changes in lifestyle have led to an increase in snack consumption, especially among children and adolescents. However, most snacks available in the market still use wheat flour, which has a high glycemic index. Therefore, innovation is needed to develop snacks that are not only sensorially appealing but also have a balanced nutritional content and controlled sugar levels. Mocaf (Modified Cassava Flour), derived from cassava, is a local gluten-free alternative that has the potential to be utilized in the development of healthy snack products. This study aimed to analyze the proximate composition and total sugar content of cookies made from mocaf. The proximate analysis included measurements of moisture, ash, protein, fat, crude fiber, and carbohydrates. The determination of total sugar content was carried out using the Somogyi-Nelson method and analyzed with a UV-Vis spectrophotometer. The results showed that cookies made from mocaf contained moisture of $4.54 \pm 0.07\%$, ash of $1.45 \pm 0.04\%$, protein of $6.19 \pm 0.17\%$, crude fiber of $1.44 \pm 0.06\%$, fat of $16.48 \pm 0.26\%$, and carbohydrates of $71.31 \pm 0.19\%$. The total sugar content obtained was 14.90%. Based on these results, mocaf-based cookies have good nutritional content and sugar levels within a safe range, making them a potential healthy snack alternative and supporting the utilization of local food resources.

Keywords: mocaf flour, cookies, proximate analysis, total sugar, Somogyi–Nelson method, UV-Vis spectrophotometr