

## Lampiran 2. Perhitungan Kadar Serat dan Zat Besi Pada *Cookies*

Kandungan serat pada *cookies cookies* dengan substitusi tepung beras merah 60% sebanyak 1,49 g/100 g atau 0,0149g/g

Angka kecukupan gizi serat pada orang dewasa = 30g / hari

Kandungan serat dalam 1 butir *cookies* (berat 5 g) =  $0,0149 \text{ g} \times 5$   
= 0,0745 g

1 butir *cookies* mencukupi AKG sebanyak =  $\frac{0,074}{30} \times 100 \%$   
= 0,25%

Kandungan serat dalam 6 butir *cookies* (berat 30 gr) =  $0,0745 \text{ g} \times 6$   
= 0,447 g

6 butir *cookies* mencukupi AKG sebanyak =  $\frac{0,447}{30} \times 100 \%$   
= 1,49%

Kandungan zat besi pada *cookies* dengan substitusi tepung beras merah 60% sebanyak 3,25 mg/100 g atau 0,0325 mg/g

Angka kecukupan gizi zat besi pada orang dewasa = 14mg / hari

Kandungan zat besi dalam 1 butir *cookies* (berat 5 g) =  $0,0325 \text{ mg} \times 5$   
= 0,1625 mg

1 butir *cookies* mencukupi AKG sebanyak =  $\frac{0,16}{14} \times 100 \%$   
= 1,14%

Kandungan zat besi dalam 6 butir *cookies* (berat 30 gr) =  $0,1625 \text{ mg} \times 6$   
= 0,975 mg

6 butir *cookies* mencukupi AKG sebanyak =  $\frac{0,975}{14} \times 100 \%$   
= 6,96%

Lampiran 3. Analisa Data Tingkat Kekerasan Pada *Cookies*

**Descriptives**

Hardness

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
0%	3	.8867	.02082	.01202	.8350	.9384	.87	.91
30%	3	.8633	.01528	.00882	.8254	.9013	.85	.88
60%	3	.7733	.01155	.00667	.7446	.8020	.76	.78
90%	3	.6767	.00577	.00333	.6623	.6910	.67	.68
Total	12	.8000	.08739	.02523	.7445	.8555	.67	.91

**ANOVA**

Hardness

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.082	3	.027	131.733	.000
Within Groups	.002	8	.000		
Total	.084	11			

**Hardness**

Duncan

Perlakuan	N	Subset for alpha = .05		
		1	2	3
90%	3	.6767		
60%	3		.7733	
30%	3			.8633
0%	3			.8867
Sig.		1.000	1.000	.083

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 3.000.

Lampiran 4. Analisa Data Kadar Air Pada Cookies

**Descriptives**

K\_Air

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
					1.00	4		
2.00	4	3.59083	.462559	.231280	2.85479	4.32686	3.264	4.247
3.00	4	3.58403	.316640	.158320	3.08018	4.08787	3.171	3.923
Total	12	3.62580	.416991	.120375	3.36086	3.89074	3.171	4.495

**ANOVA**

K\_Air

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.035	2	.018	.085	.919
Within Groups	1.877	9	.209		
Total	1.913	11			

K\_Air

Duncan<sup>a</sup>

Ulangan	N	Subset for alpha = .05
		1
3.00	4	3.58403
2.00	4	3.59083
1.00	4	3.70255
Sig.		.734

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.000.

Lampiran 5. Analisa Data Kadar Abu Pada *Cookies*

**Descriptives**

K\_Abu

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
1.00	4	4.5991	.31778	.15889	4.0934	5.1048	4.23	4.99
2.00	4	4.5899	.27378	.13689	4.1543	5.0255	4.38	4.99
3.00	4	4.6010	.28999	.14500	4.1396	5.0624	4.28	4.96
Total	12	4.5967	.26635	.07689	4.4274	4.7659	4.23	4.99

**ANOVA**

K\_Abu

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.000	2	.000	.002	.998
Within Groups	.780	9	.087		
Total	.780	11			

**K\_Abu**

Duncan

Ulangan	N	Subset for alpha = .05
		1
2.00	4	4.5899
1.00	4	4.5991
3.00	4	4.6010
Sig.		.960

Means for groups in homogeneous subsets are displayed.

a Uses Harmonic Mean Sample Size = 4.000.

Lampiran 6. Analisa Data Kadar Lemak Pada *Cookies*

**Descriptives**

Lemak

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
1.00	4	25.0335	.89354	.44677	23.6116	26.4553	24.15	25.99
2.00	4	21.6797	1.67517	.83759	19.0141	24.3452	20.61	24.18
3.00	4	22.6065	1.49142	.74571	20.2333	24.9796	21.24	24.45
Total	12	23.1065	1.94195	.56059	21.8727	24.3404	20.61	25.99

**ANOVA**

Lemak

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	23.996	2	11.998	6.175	.021
Within Groups	17.487	9	1.943		
Total	41.483	11			

**Lemak**

Duncan<sup>a</sup>

Ulangan	N	Subset for alpha = .05	
		1	2
2.00	4	21.6797	
3.00	4	22.6065	
1.00	4		25.0335
Sig.		.372	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.000.

Lampiran 7. Analisa Data Kadar Protein Pada *Cookies*

**Descriptives**

Protein

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
1.00	4	8.8729	.66474	.33237	7.8151	9.9306	8.03	9.66
2.00	4	8.7736	1.05585	.52793	7.0935	10.4537	7.92	10.30
3.00	4	8.6477	.92438	.46219	7.1768	10.1186	8.04	10.02
Total	12	8.7647	.81661	.23574	8.2459	9.2836	7.92	10.30

**ANOVA**

Protein

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.102	2	.051	.063	.939
Within Groups	7.234	9	.804		
Total	7.335	11			

**Protein**

Duncan<sup>a</sup>

Ulangan	N	Subset for alpha = .05
		1
3.00	4	8.6477
2.00	4	8.7736
1.00	4	8.8729
Sig.		.742

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.000.

Lampiran 8. Analisa Data Kadar Serat Kasar Pada *Cookies*

**Descriptives**

Serat

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
1.00	4	1.3825	.53120	.26560	.5372	2.2277	.81	2.07
2.00	4	1.3089	.54708	.27354	.4383	2.1794	.66	1.97
3.00	4	1.3636	.48520	.24260	.5915	2.1357	.71	1.86
Total	12	1.3516	.47313	.13658	1.0510	1.6523	.66	2.07

**ANOVA**

Serat

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.012	2	.006	.021	.979
Within Groups	2.451	9	.272		
Total	2.462	11			

Serat

Duncan<sup>a</sup>

Ulangan	N	Subset for alpha = .05
		1
2.00	4	1.3089
3.00	4	1.3636
1.00	4	1.3825
Sig.		.853

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.000.

Lampiran 9. Analisa Data Kadar Karbohidrat Pada *Cookies*

**Descriptives**

Karbohidrat

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
					1.00	4		
2.00	4	61.3660	3.00673	1.50337	56.5816	66.1504	56.90	63.22
3.00	4	60.5607	2.36119	1.18060	56.8035	64.3179	57.32	62.59
Total	12	59.9063	2.71158	.78276	58.1834	61.6291	55.62	63.22

**ANOVA**

Karbohidrat

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	28.115	2	14.058	2.398	.146
Within Groups	52.764	9	5.863		
Total	80.879	11			

**Karbohidrat**

Duncan<sup>a</sup>

Ulangan	N	Subset for alpha = .05
		1
1.00	4	57.7921
3.00	4	60.5607
2.00	4	61.3660
Sig.		.077

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 4.000.

Lampiran 10. Analisa Data Kadar Zat Besi Pada *Cookies*

**Descriptives**

Fe

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
0%	3	12.7981	.23537	.13589	12.2134	13.3828	12.56	13.03
30%	3	23.1128	.72303	.41744	21.3167	24.9089	22.62	23.94
60%	3	32.5111	.77957	.45009	30.5745	34.4476	31.89	33.39
90%	3	40.1389	.08907	.05143	39.9176	40.3602	40.04	40.20
Total	12	27.1402	10.70928	3.09150	20.3358	33.9446	12.56	40.20

**ANOVA**

Fe

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1259.188	3	419.729	1406.319	.000
Within Groups	2.388	8	.298		
Total	1261.576	11			

Fe

Duncan<sup>a</sup>

Perlakuan	N	Subset for alpha = .05			
		1	2	3	4
0%	3	12.7981			
30%	3		23.1128		
60%	3			32.5111	
90%	3				40.1389
Sig.		1.000	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 3.000.

## LAMPIRAN

Lampiran 1. Kuisisioner Analisa Sensoris *Cookies*

### KUESIONER UJI KESUKAAN

Tanggal :  
Nama :  
Jenis Kelamin :  
Umur :

Di hadapan Anda tersaji 4 macam sampel *cookies*. Berikanlah penilaian Anda terhadap warna, rasa berpasir, kerenyahan, dan tekstur dari masing – masing sampel yang tersedia dengan mengisi angka 1-5 pada kolom yang tersedia di bawah ini.

Kode Sampel	Warna	Rasa	Rasa Berpasir	Kerenyahan	Tekstur	Overall
470						
512						
650						
735						

Keterangan Warna :

- 1 = sangat tidak menarik
- 2 = tidak menarik
- 3 = agak menarik
- 4 = menarik
- 5 = sangat menarik

Keterangan Rasa Berpasir :

- 1 = sangat berpasir
- 2 = berpasir
- 3 = agak berpasir
- 4 = tidak berpasir
- 5 = sangat tidak berpasir

Keterangan Tekstur :

- 1 = sangat keras
- 2 = keras
- 3 = agak keras
- 4 = tidak keras
- 5 = sangat tidak keras

Keterangan Rasa :

- 1 = sangat tidak enak
- 2 = tidak enak
- 3 = agak enak
- 4 = enak
- 5 = sangat enak

Keterangan Kerenyahan :

- 1 = sangat tidak renyah
- 2 = tidak renyah
- 3 = agak renyah
- 4 = renyah
- 5 = sangat renyah

Keterangan Overall :

- 1 = sangat tidak suka
- 2 = tidak suka
- 3 = agak suka
- 4 = suka
- 5 = sangat suka

**TERIMA KASIH**