7. LAMPIRAN

Lampiran 1. *Worksheet* Uji *Rating* Hedonik Kulit Pizza Italia

***WORKSHEET* UJI RATING HEDONIK**

Tanggal Uji :

Jenis Sampel : Kulit Pizza Italia

Identifikasi Sampel	**Kode**
Kulit pizza dengan konsentrasi oat 0%	A
Kulit pizza dengan konsentrasi oat 10%	B
Kulit pizza dengan konsentrasi oat 15%	C
Kulit pizza dengan konsentrasi oat 20%	D

Kode Kombinasi Urutan Penyajian:

ABCD = 1	BACD = 7	CABD = 13	DABC = 19
ACBD = 2	BADC = 8	CADB = 14	DACB = 20
ABDC = 3	BCAD = 9	CBAD = 15	DBAC = 21
ADBC = 4	BCDA = 10	CBDA = 16	DBCA = 22
ACDB = 5	BDCA = 11	CDAB = 17	DCAB = 23
ADCB = 6	BDAC = 12	CDBA = 18	DCBA = 24

Penyajian:

Booth	**Panelis**	**Kode Sampel** **urutan penyajian**
I	# 1, 25	771 653 935 257 [1]
II	# 2, 26	282 111 168 572 [2]
III	# 3, 27	319 596 775 438 [3]
IV	# 4, 28	958 776 834 392 [4]
V	# 5, 29	399 618 945 546 [5]
I	# 6, 30	421 898 244 787 [6]
II	# 7, 31	231 847 353 112 [7]
III	# 8, 32	874 316 936 183 [8]
IV	# 9, 33	757 413 412 527 [9]
V	# 10, 34	989 888 934 967 [10]
I	# 11, 35	845 754 692 632 [11]
II	# 12, 36	611 832 589 232 [12]

III	# 13, 37	543 621 204 951 [13]
IV	# 14, 38	672 907 241 609 [14]
V	# 15, 39	900 428 539 551 [15]
I	# 16, 40	122 224 624 630 [16]
II	# 17	433 983 384 460 [17]
III	# 18	745 582 809 298 [18]
IV	# 19	374 496 128 904 [19]
V	# 20	901 528 322 284 [20]
I	# 21	116 622 619 781 [21]
II	# 22	227 943 506 821 [22]
III	# 23	334 222 562 749 [23]
IV	# 24	243 956 103 317 [24]

Rekap Kode Sampel:

Sampel A	771	282	319	958	399	421	847	316	412	967	632	589	621
	907	539	630	384	298	496	528	619	821	562	317		
Sampel B	653	168	596	834	546	787	231	874	757	989	845	611	204
	609	428	224	460	809	128	284	622	943	749	103		
Sampel C	935	111	438	392	618	244	353	183	413	888	692	232	543
	672	900	122	433	745	904	322	781	506	222	956		
Sampel D	257	572	775	776	945	898	112	936	527	934	754	832	951
	241	551	624	983	582	374	901	116	227	334	243		

Lampiran 2. *Scoresheet* Uji *Rating* Hedonik Kulit Pizza Italia

UJI RATING HEDONIK

Tanggal : _____

Nama Panelis : _____

No Telp : _____

Produk : Kulit Pizza Italia

Penilaian : Warna, Rasa, Aroma, Tekstur, dan Keseluruhan

Instruksi :

Berkumurlah dahulu sebelum menguji sampel. Di hadapan Anda terdapat 4 jenis sampel "Kulit Pizza". Cicipi dan amati sampel di depan Anda, secara berurutan dari kiri ke kanan. Gunakanlah gigi geraham pada saat mengunyah sampel. Anda boleh mengulang sesering yang diperlukan. Berilah skor penilaian dari 1 hingga 5 untuk warna, rasa, aroma, tekstur, dan keseluruhan, juga sertakan komentar apabila diperlukan pada masing-masing sampel. Penilaian yang diberikan **BOLEH ADA PENGULANGAN NILAI ANTAR SAMPEL (DOUBLE).**

Keterangan:

1 : Tidak suka
2 : Kurang suka
3 : Netral
4 : Suka
5 : Sangat suka

KODE SAMPEL	WARNA	RASA	AROMA	TEKSTUR	KESELURUHAN	KOMENTAR

Lampiran 3. Hasil Pengolahan SPSS

❖ Tekstur

➢ Uji Normalitas Tekstur

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_ta	Statistic	df	Sig.	Statistic	df	Sig.
ta_adonan	K	.286	5	.200*	.822	5	.121
	F1	.210	5	.200*	.940	5	.669
	F2	.221	5	.200*	.908	5	.456
	F3	.290	5	.198	.838	5	.159
ta_pizza	K	.302	5	.152	.832	5	.144
	F1	.198	5	.200*	.955	5	.774
	F2	.244	5	.200*	.866	5	.250
	F3	.298	5	.167	.858	5	.221

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ Uji Duncan Tekstur

ta_adonan

Duncan[a]

		Subset for alpha = 0.05			
perlakuan_ta	N	1	2	3	4
K	5	1148.4800			
F1	5		1346.9600		
F2	5			1713.1800	
F3	5				2425.5800
Sig.		1.000	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

ta_pizza

Duncan[a]

perlakuan_ta	N	Subset for alpha = 0.05		
		1	2	3
K	5	2291.7200		
F1	5	2538.6600		
F2	5		3438.7400	
F3	5			4664.2600
Sig.		.057	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ Volume Pengembangan

➢ Uji Normalitas Volume Pengembangan

Tests of Normality

	perlakuan_vol	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
vol_pengembangan	K	.213	5	.200*	.904	5	.434
	F1	.224	5	.200*	.964	5	.832
	F2	.208	5	.200*	.942	5	.679
	F3	.229	5	.200*	.914	5	.491

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ Uji Duncan Volume Pengembangan

vol_pengembangan

Duncan[a]

perlakuan_vol	N	Subset for alpha = 0.05			
		1	2	3	4
F3	5	9.0404			
F2	5		11.3792		
F1	5			13.6603	
K	5				15.6201
Sig.		1.000	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ **Warna**

➢ **Uji Normalitas Warna**

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_warna	Statistic	df	Sig.	Statistic	df	Sig.
L2	K	.195	5	.200*	.890	5	.357
	F1	.282	5	.200*	.877	5	.295
	F2	.220	5	.200*	.926	5	.570
	F3	.232	5	.200*	.955	5	.776
a2	K	.226	5	.200*	.916	5	.507
	F1	.245	5	.200*	.850	5	.195
	F2	.237	5	.200*	.863	5	.238
	F3	.182	5	.200*	.962	5	.825
b2	K	.196	5	.200*	.928	5	.585
	F1	.288	5	.200*	.924	5	.558
	F2	.228	5	.200*	.969	5	.870
	F3	.231	5	.200*	.954	5	.765
L1	K	.292	5	.189	.857	5	.216
	F1	.250	5	.200*	.926	5	.567
	F2	.291	5	.194	.840	5	.164
	F3	.293	5	.185	.797	5	.077
a1	K	.255	5	.200*	.865	5	.248
	F1	.214	5	.200*	.924	5	.553
	F2	.194	5	.200*	.936	5	.641
	F3	.199	5	.200*	.928	5	.580
b1	K	.288	5	.200*	.933	5	.615
	F1	.166	5	.200*	.962	5	.820
	F2	.216	5	.200*	.971	5	.882
	F3	.286	5	.200*	.858	5	.221

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ Uji Duncan Warna

L1

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05		
		1	2	3
F3	5	71.5000		
F2	5	71.8660		
F1	5		72.9800	
K	5			83.6560
Sig.		.490	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

a1

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05		
		1	2	3
K	5	-1.1540		
F1	5		.5560	
F2	5			.7980
F3	5			.8300
Sig.		1.000	1.000	.566

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

b1

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05	
		1	2
K	5	21.8900	
F1	5	22.5700	22.5700
F3	5	23.0280	23.0280
F2	5		23.5480
Sig.		.066	.110

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

L2

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05		
		1	2	3
F3	5	60.3940		
F2	5	61.0280		
F1	5		63.0380	
K	5			65.3800
Sig.		.429	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

a2

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05		
		1	2	3
K	5	-.5100		
F1	5		1.2360	
F2	5		1.5160	1.5160
F3	5			1.7400
Sig.		1.000	.150	.244

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

b2

Duncan[a]

perlakuan_warna	N	Subset for alpha = 0.05	
		1	2
F3	5	20.1820	
F2	5	21.2300	21.2300
F1	5	21.4160	21.4160
K	5		21.8740
Sig.		.095	.370

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ Kadar Air

➢ Uji Normalitas Kadar Air

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_air	Statistic	df	Sig.	Statistic	df	Sig.
kadar_air	K	.188	5	.200*	.937	5	.645
	F1	.136	5	.200*	.989	5	.976
	F2	.226	5	.200*	.945	5	.699
	F3	.292	5	.190	.834	5	.148

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ Uji Duncan Kadar Air

kadar_air

Duncan[a]

		Subset for alpha = 0.05			
perlakuan_air	N	1	2	3	4
F3	5	10.9760			
F2	5		13.1200		
F1	5			14.1640	
K	5				15.3280
Sig.		1.000	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ Kadar Abu

➢ Uji Normalitas Kadar Abu

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_abu	Statistic	df	Sig.	Statistic	df	Sig.
kadar_abu	K	.221	5	.200*	.902	5	.421
	F1	.136	5	.200*	.987	5	.967
	F2	.231	5	.200*	.881	5	.314
	F3	.237	5	.200*	.961	5	.814

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ **Uji Duncan Kadar Abu**

kadar_abu

Duncan[a]

perlakuan_abu	N	Subset for alpha = 0.05		
		1	2	3
K	5	.9600		
F2	5		1.5600	
F1	5		1.8000	
F3	5			2.2800
Sig.		1.000	.147	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ **Kadar Protein**

➢ **Uji Normalitas Kadar Protein**

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_protein	Statistic	df	Sig.	Statistic	df	Sig.
kadar_protein	K	.191	5	.200*	.958	5	.794
	F1	.179	5	.200*	.962	5	.823
	F2	.216	5	.200*	.925	5	.564
	F3	.240	5	.200*	.902	5	.421

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ **Uji Duncan Kadar Protein**

kadar_protein

Duncan[a]

perlakuan_protein	N	Subset for alpha = 0.05	
		1	2
F3	5	9.8370	
F2	5	10.2202	
F1	5		11.2103
K	5		11.7213
Sig.		.276	.152

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ Kadar Lemak

➢ Uji Normalitas Kadar Lemak

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_lemak	Statistic	df	Sig.	Statistic	df	Sig.
kadar_lemak	K	.241	5	.200*	.903	5	.427
	F1	.205	5	.200*	.939	5	.658
	F2	.257	5	.200*	.792	5	.069
	F3	.157	5	.200*	.980	5	.937

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ Uji Duncan Kadar Lemak

kadar_lemak

Duncan[a]

		Subset for alpha = 0.05	
perlakuan_lemak	N	1	2
K	5	1.1400	
F1	5		2.8600
F2	5		3.1800
F3	5		3.4000
Sig.		1.000	.119

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ Kadar Karbohidrat

➢ Uji Normalitas Kadar Karbohidrat

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_karbo	Statistic	df	Sig.	Statistic	df	Sig.
kadar_karbo	K	.189	5	.200*	.946	5	.710
	F1	.263	5	.200*	.879	5	.307
	F2	.209	5	.200*	.941	5	.676
	F3	.165	5	.200*	.969	5	.866

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ **Uji Duncan Kadar Karbohidrat**

kadar_karbo

Duncan[a]

perlakuan_karbo	N	Subset for alpha = 0.05	
		1	2
F1	5	71.3390	
F2	5	71.9198	
F3	5	72.1337	
K	5		73.5335
Sig.		.191	1.000

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ **Kadar Serat Kasar**

➢ **Uji Normalitas Kadar Serat Kasar**

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_seratkasar	Statistic	df	Sig.	Statistic	df	Sig.
kadar_seratkasar	K	.228	5	.200*	.885	5	.332
	F1	.139	5	.200*	.986	5	.962
	F2	.272	5	.200*	.853	5	.205
	F3	.310	5	.132	.882	5	.320

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

➢ **Uji Duncan Kadar Serat Kasar**

kadar_seratkasar

Duncan[a]

perlakuan_seratkasar	N	Subset for alpha = 0.05		
		1	2	3
K	5	.3872		
F1	5		.7028	
F2	5			.9864
F3	5			1.1630
Sig.		1.000	1.000	.195

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

❖ **Total Kalori**

➢ **Uji Normalitas Total Kalori**

Tests of Normality

		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	perlakuan_kkal	Statistic	df	Sig.	Statistic	df	Sig.
kkal	K	.340	5	.060	.770	5	.045
	F1	.250	5	.200*	.825	5	.127
	F2	.189	5	.200*	.981	5	.941
	F3	.203	5	.200*	.933	5	.614

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

❖ **Uji Korelasi**

➢ **Tingkat Kekerasan**

Correlations

		hardness	air	protein	serat_kasar
hardness	Pearson Correlation	1	-.923**	-.800**	.757**
	Sig. (2-tailed)		.000	.000	.000
	N	20	20	20	20
air	Pearson Correlation	-.923**	1	.760**	-.792**
	Sig. (2-tailed)	.000		.000	.000
	N	20	20	20	20
protein	Pearson Correlation	-.800**	.760**	1	-.750**
	Sig. (2-tailed)	.000	.000		.000
	N	20	20	20	20
serat_kasar	Pearson Correlation	.757**	-.792**	-.750**	1
	Sig. (2-tailed)	.000	.000	.000	
	N	20	20	20	20

**. Correlation is significant at the 0.01 level (2-tailed).

➢ **Volume Pengembangan**

Correlations

		protein	vol_pengembangan
protein	Pearson Correlation	1	.771**
	Sig. (2-tailed)		.000
	N	20	20
vol_pengembangan	Pearson Correlation	.771**	1
	Sig. (2-tailed)	.000	
	N	20	20

**. Correlation is significant at the 0.01 level (2-tailed).

❖ **Analisa Sensori**

➢ **Parameter Warna**

Uji Kruskal Wallis

Test Statistics[a,b]

	warna
Kruskal-Wallis H	12.641
df	3
Asymp. Sig.	.005

a. Kruskal Wallis Test

b. Grouping Variable: perlakuan

Uji Mann Whitney

Kontrol vs F1 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	275.500
Wilcoxon W	740.500
Z	-2.719
Asymp. Sig. (2-tailed)	.007

a. Grouping Variable: perlakuan

Kontrol vs F2 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	315.500
Wilcoxon W	780.500
Z	-2.090
Asymp. Sig. (2-tailed)	.037

a. Grouping Variable: perlakuan

Kontrol vs F3 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	244.500
Wilcoxon W	709.500
Z	-3.161
Asymp. Sig. (2-tailed)	.002

a. Grouping Variable: perlakuan

F1 vs F2 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	419.000
Wilcoxon W	884.000
Z	-.484
Asymp. Sig. (2-tailed)	.628

a. Grouping Variable: perlakuan

F1 vs F3 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	377.500
Wilcoxon W	842.500
Z	-1.120
Asymp. Sig. (2-tailed)	.263

a. Grouping Variable: perlakuan

F2 vs F3 (warna)

Test Statistics[a]

	warna
Mann-Whitney U	353.500
Wilcoxon W	818.500
Z	-1.481
Asymp. Sig. (2-tailed)	.138

a. Grouping Variable: perlakuan

- **Parameter Rasa**

Uji Kruskal Wallis

Test Statistics[a,b]

	rasa
Kruskal-Wallis H	4.378
df	3
Asymp. Sig.	.223

a. Kruskal Wallis Test

b. Grouping Variable: perlakuan

- **Parameter Aroma**

Uji Kruskal Wallis

Test Statistics[a,b]

	aroma
Kruskal-Wallis H	.133
df	3
Asymp. Sig.	.988

a. Kruskal Wallis Test

b. Grouping Variable: perlakuan

- **Parameter Tekstur**

Uji Kruskal Wallis

Test Statistics[a,b]

	tekstur
Kruskal-Wallis H	25.192
df	3
Asymp. Sig.	.000

a. Kruskal Wallis Test

b. Grouping Variable: perlakuan

Uji Mann Whitney

Kontrol vs F1

Test Statistics[a]

	tekstur
Mann-Whitney U	154.000
Wilcoxon W	619.000
Z	-4.495
Asymp. Sig. (2-tailed)	.000

a. Grouping Variable: perlakuan

Kontrol vs F2

Test Statistics[a]

	tekstur
Mann-Whitney U	240.000
Wilcoxon W	705.000
Z	-3.228
Asymp. Sig. (2-tailed)	.001

a. Grouping Variable: perlakuan

Kontrol vs F3

Test Statistics[a]

	tekstur
Mann-Whitney U	191.000
Wilcoxon W	656.000
Z	-3.950
Asymp. Sig. (2-tailed)	.000

a. Grouping Variable: perlakuan

F1 vs F2

Test Statistics[a]

	tekstur
Mann-Whitney U	343.000
Wilcoxon W	808.000
Z	-1.651
Asymp. Sig. (2-tailed)	.099

a. Grouping Variable: perlakuan

F1 vs F3

Test Statistics[a]

	tekstur
Mann-Whitney U	392.500
Wilcoxon W	857.500
Z	-.880
Asymp. Sig. (2-tailed)	.379

a. Grouping Variable: perlakuan

F2 vs F3

Test Statistics[a]

	tekstur
Mann-Whitney U	400.000
Wilcoxon W	865.000
Z	-.764
Asymp. Sig. (2-tailed)	.445

a. Grouping Variable: perlakuan

- **Parameter Keseluruhan**

Uji Kruskal Wallis

Test Statistics[a,b]

	keseluruhan
Kruskal-Wallis H	17.118
df	3
Asymp. Sig.	.001

a. Kruskal Wallis Test

b. Grouping Variable: perlakuan

Uji Mann Whitney

Kontrol vs F1 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	226.500
Wilcoxon W	691.500
Z	-3.476
Asymp. Sig. (2-tailed)	.001

a. Grouping Variable: perlakuan

Kontrol vs F2 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	243.000
Wilcoxon W	708.000
Z	-3.190
Asymp. Sig. (2-tailed)	.001

a. Grouping Variable: perlakuan

Kontrol vs F3 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	322.500
Wilcoxon W	787.500
Z	-1.983
Asymp. Sig. (2-tailed)	.047

a. Grouping Variable: perlakuan

F1 vs F2 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	435.000
Wilcoxon W	900.000
Z	-.242
Asymp. Sig. (2-tailed)	.809

a. Grouping Variable: perlakuan

F1 vs F3 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	319.000
Wilcoxon W	784.000
Z	-2.129
Asymp. Sig. (2-tailed)	.033

a. Grouping Variable: perlakuan

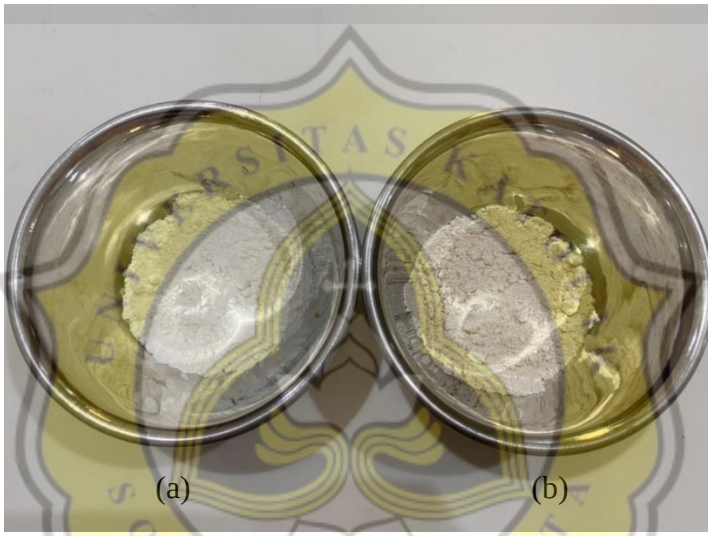
F2 vs F3 (*overall*)

Test Statistics[a]

	keseluruhan
Mann-Whitney U	343.000
Wilcoxon W	808.000
Z	-1.714
Asymp. Sig. (2-tailed)	.087

a. Grouping Variable: perlakuan

Lampiran 4. Foto



Gambar 15. Tepung Terigu Cakra (a) dan Tepung *Steel-Cut Oats* (b)
(Sumber: Dokumentasi Penulis)

Gambar 16. Pengukuran Ketebalan Kulit Pizza Italia Mentah dengan Jangka Sorong
(Sumber: Dokumentasi Penulis)

Gambar 17. Pengukuran Volume Pengembangan Kulit Pizza Italia dengan Millet
(Sumber: Dokumentasi Penulis)

Gambar 18. Uji *Hardness* Kulit Pizza Italia dengan *Texture Analyzer*
(Sumber: Dokumentasi Penulis)

Gambar 19. Uji Intensitas Warna Kulit Pizza Italia dengan *Chromameter* seri 200
(Sumber: Dokumentasi Penulis)

Gambar 20. Kulit Pizza Italia dengan 4 Jenis Formulasi untuk Uji Sensori
(Sumber: Dokumentasi Penulis)

Gambar 21. *Oatsy Steel-Cut Oats*

Gambar 22. Beberapa Panelis saat Melakukan Uji Sensori
(Sumber: Dokumentasi Penulis)

Lampiran 5. Perhitungan Total Kalori

Rumus Total Kalori = (protein x 4) + (lemak x 9) + (karbohidrat x 4)

- ✓ Kontrol

  Ulangan 1: (12,14x4 + 1,2x9 + 70,26x4) = 340,40 kkal

  Ulangan 2: (11,02x4 + 1,3x9 + 71,64x4) = 342,34 kkal

  Ulangan 3: (11,50x4 + 0,7x9 + 71,64x4) = 338,86 kkal

  Ulangan 4: (12,30x4 + 1,4x9 + 69,56x4) = 340,04 kkal

  Ulangan 5: (11,66x4 + 1,1x9 + 71,14x4) = 341,10 kkal

- ✓ F1

  Ulangan 1: (10,06x4 + 2,2x9 + 71,62x4) = 346,52 kkal

  Ulangan 2: (9,10x4 + 3,8x9 + 71,10x4) = 355 kkal

  Ulangan 3: (10,22x4 + 2x9 + 71,92x4) = 346,56 kkal

  Ulangan 4: (9,26x4 + 3,4x9 + 71,78x4) = 354,76 kkal

  Ulangan 5: (9,58x4 + 2,9x9 + 70,28x4) = 349,38 kkal

- ✓ F2

  Ulangan 1: (10,86x4 + 3,3x9 + 71,24x4) = 358,10 kkal

  Ulangan 2: (9,58x4 + 2,8x9 + 72,80x4) = 354,72 kkal

  Ulangan 3: (10,70x4 + 2,8x9 + 72,04x4) = 356,16 kkal

  Ulangan 4: (10,06x4 + 3,5x9 + 71,46x4) = 357,58 kkal

  Ulangan 5: (9,90x4 + 3,5x9 + 72,06x4) = 359,34 kkal

- ✓ F3

  Ulangan 1: (11,82x4 + 3,1x9 + 70,92x4) = 358,86 kkal

  Ulangan 2: (11,18x4 + 4,0x9 + 72,02x4) = 368,80 kkal

  Ulangan 3: (10,86x4 + 3,6x9 + 73,56x4) = 370,08 kkal

  Ulangan 4: (11,50x4 + 3,4x9 + 71,36x4) = 362,04 kkal

  Ulangan 5: (10,70x4 + 2,9x9 + 72,80x4) = 360,10 kkal

PLAGIARISM CHECK.ORG

6.57% PLAGIARISM APPROXIMATELY

Report #10525682

PENDAHULUAN Latar Belakang Pizza merupakan makanan yang sering dikonsumsi oleh kalangan muda, namun komposisi kulit pizza yang rendah serat pangan dapat meningkatkan resiko terkenanya penyakit degeneratif seperti penyakit jantung dan diabetes. Kulit pizza Italia mengandung karbohidrat kompleks (pati) cukup tinggi namun rendah serat karena terbuat dari tepung terigu. Bila dalam pembuatan kulit pizza ditambahkan tepung whole wheat atau multi-grain maka kandungan serat pada kulit pizza dapat meningkat (Goyal, 2011). Berdasarkan data Delahaye et al. (2005), diketahui bahwa kulit pizza mengandung total dietary fiber yang rendah, yaitu hanya sebesar 4,58 gram per 100 gram, sedangkan Angka Kecukupan Gizi (AKG) serat pangan per hari untuk masyarakat berusia 19-29 tahun yaitu sebesar 32 gram pada wanita dan 38 gram pada pria (Menkes RI, 2013). Berdasarkan Dietary Guidelines for Americans 2015-2020, asupan serat pangan harian yang direkomendasikan adalah 14 gram per 1000 kkal, yaitu sebanyak 25 gram pada wanita dan 38 gram pada pria. Namun sesuai data 2009-2010 National Health and Nutrition Examination Survey, asupan serat pangan harian di United States hanya sebesar 17 gram per hari (Mc Gill et al., 2016). 28 Untuk mengatasi hal tersebut, dapat dilakukan substitusi tepung steel-cut oat yang kaya serat pangan untuk meningkatkan