

THE DEVELOPMENT OF CORN AND FISH-BASED SNACK BAR AS AN ENERGY RICH HEALTHY SNACK

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ABSTRACT

This applied research will be carried out with the aim to support local foodbased to support food security which has the potential as a food source of energy and protein. The steps undertaken in this international research collaboration to achieve specific objectives are obtained by three snack bar recipes in accordance with the hedonic test, accompanied by information on nutritional content, obtained information related to the packaging and serving the snack bars, obtained by the selling price calculation and public response towards snack bar products, in order to be developed on a larger production scale with the research partner.

This research will employ Research and Development (R&D) research, with the 4D (Define, Design, Development and Dissemination) development model. The study will be conducted in March-November 2020. The research will be carried out in the Food Laboratory, Faculty of Engineering, UNY and the UTHM vocational laboratory in Malaysia. Data analysis will use descriptive statistics and t test. The research is carried out for 10 months to produce snack bars that are rich in energy and protein, have attractive packaging and are preferred by consumers. This Snack Bar product not only can support the improvement of health status but also can create food autonomy based on local food.

Based on the steps to develop the Nipping Snack Bar product with tilapia substitution, the following conclusions are obtained: 1) The final result of the Nipping Snack Bar recipe (Tilapia Chips Snack Bar) is 30% tilapia fish : 70% corn chips 2) The results of the nutritional analysis of the Nipping Snack Bar show that every 100 grams contains 1.13% ash, 2.50% fibre, 3.71% water, 33.68% fat, 9.28% protein, 49.42% carbohydrates , and Energy 533 cal. 3) Packaging using aluminium foil so that the product remains safe and labels with an elegant design add to people's appeal. 4) One Nipping Snack Bar is sold for Rp. 2,500, - 5) Public acceptance from the results of acceptance testing for the Nipping Snack Bar product which includes colour, aroma, texture, taste and overall is liked or well accepted.

Kata Kunci: *Snack Bar, Corn, Tilapia, Healthy Snack*