

THE DEVELOPMENT OF GLUTEN-FREE COOKIES AND RICH IN FIBER-BASED LOCAL NUTS

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ABSTRACT

Formulation of cookies (egg drop)-based gluten-free red beans, green beans and soybeans is done by changing the composition of the compiler to replace all components of wheat flour with different proportions and the use of different materials that makes crispy namely xanthan gum and carrageenan. Chemical characteristics (the levels of carbohydrates, protein, fat content, water content, levels of ash and fiber) cookies-based red beans, green beans, and soybeans have specific characteristics that can be juxtaposed with the flour. Egg drop-based soy flour has the highest protein levels compared to other types of egg drop. Egg drop-based soy flour, bean flour, and mung bean flour has the advantage that is rich in fiber. Panelists can favor egg drop-based red beans, green beans, and soybeans. Egg drop is the most preferred, red beans with 362 code that uses red bean flour as much as 40 grams and dispersal gum. Egg drop-based soy flour is the code 234 which use 40 grams of soy flour and Carragen. The egg drop based on green beans is a code 430 that use green beans as much as 30 grams of dispersal and gum.

Kata Kunci: *cookies, gluten free, fiber, local*