

KARAKTERISTIK NUTRISI DAN ORGANOLEPTIK BROWNIES KUKUS YANG DI SUBSTITUSI TEPUNG JAMUR TIRAM (*Pleurotus ostreatus*) SEBAGAI SUMBER PROTEIN

ABSTRAK

Brownies merupakan jenis kue yang berwarna coklat, bertekstur lembab, memiliki rasa yang manis dan aroma khas coklat. Brownies merupakan makanan selingan yang digemari oleh masyarakat karena memiliki rasa yang enak dan tekstur yang lembut. Namun brownies juga memiliki kekurangan yaitu tinggi lemak dan rendah protein. Penelitian ini membahas tentang pengaruh substitusi tepung jamur tiram terhadap nilai nutrisi khususnya protein, lemak, karbohidrat, dan serat kasar serta nilai organoleptik antara lain warna, aroma, rasa, dan tekstur pada brownies yang dihasilkan. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 5 kali ulangan. Substitusi tepung jamur tiram yang digunakan yaitu 0 %, 5 %, 10 %, 15 %, dan 20 %. Hasil penelitian menunjukkan bahwa substitusi tepung jamur tiram pada brownies berpengaruh signifikan ($P < 0,05$) terhadap kadar protein, kadar lemak, kadar serat kasar, warna, aroma, rasa, dan tekstur pada brownies. Namun tidak berpengaruh nyata terhadap kadar karbohidrat pada brownies. Substitusi tepung jamur tiram dapat meningkatkan kadar protein, kadar serat kasar, nilai warna, nilai rasa, dan nilai tekstur serta dapat menurunkan kadar lemak, kadar karbohidrat dan nilai aroma pada brownies jamur tiram.

Kata Kunci : Brownies, Jamur Tiram, Nilai Nutrisi, Nilai Organoleptik.

**NUTRITIONAL AND ORGANOLEPTIC CHARACTERISTICS OF STEAMED
BROWNIES SUBSTITUTED WITH OYSTER FLOUR (*Pleurotus ostreatus*)
AS A SOURCE OF PROTEIN**

ABSTRACT

Brownies are a type of cake that is brown in color, has a moist texture, has a sweet taste and has a distinctive chocolate aroma. Brownies are a snack favored by the public because they have a delicious taste and soft texture. However, brownies also have disadvantages, namely high fat and low protein. This study discusses the effect of oyster mushroom flour substitution on nutritional value, especially protein, fat, carbohydrates, and crude fiber as well as organoleptic values including color, aroma, taste, and texture of the brownies produced. The experimental design used was a completely randomized design (CRD) with 5 treatments and 5 replications. Substitution of oyster mushroom flour used was 0%, 5%, 10%, 15%, and 20%. The results showed that the substitution of oyster mushroom flour in brownies had a significant effect ($P < 0.05$) on protein content, fat content, crude fiber content, color, aroma, taste and texture of the brownies. However, it did not significantly affect the carbohydrate content of the brownies. Oyster mushroom flour substitution can increase protein content, crude fiber content, color value, taste value, and textural value and can reduce fat content, carbohydrate content and aroma value in oyster mushroom brownies.

Keywords: Brownies, Oyster Mushroom, Nutritional Value, Organoleptic Value.