ABSTRACT

DIAN NOVITA. Evaluation of Nutrition Quality and Prediction of Shelf-life of Cookies made of Banten Taro (Xanthosoma undipes K. Koch) Composite Flour as Food Supplement for Pregnant Women. Under direction of BUDI SETIAWAN and ABUBAKAR.

The objective of this study was to evaluate nutrition quality and to predict shelf-life of cookies made of Banten taro (Xanthosoma undipes K. Koch) composite flour as food supplement for pregnant women. This composite flour formulation used Respon Surface Methodology (RSM). Result showed the best cookies formulation of composite flour was 60% taro flour and 40% mung bean flour. The best cookies formulation contained 3.85% water, 32.64% fat, 2.76% ash, 2.5% crude fiber, 536 kcal energy and 9.44% protein. Shelf-life cookies was predicted base on the moisture rate and the accepted of cookies’s crispiness. The model that was selected for this study was Henderson equation. The shelf-life of cookies was predicted for about 1 year in 75% relative humidity (RH).

Key word: formulation, composite flour, taro flour, shelf-life, pregnant women