ABSTRACT

ANNISA RIZKI ARSYAF. Processing of Dried Bread (Bagelen) Mixed with Pegagan as A Functional Food for Elderly. Supervised by Sri Anna Marliyati

Pegagan (Centella asiatica) is a herbal plant that can be used to reduce symptoms of dementia. The objective of this study was to develop dried bread (bagelen) mixed with pegagan (Centella asiatica) as a functional food for elderly. Formula of this dried bread (bagelen) product was determined based on the type and the level of pegagan added. The type of pegagan were in the form of powder and microcapsule. The level of pegagan added were 0%, 5%, 10%, 15%, and 20%. The best product was chosen by organoleptic test. The chosen product was dried bread (bagelen) with 5% of pegagan (Centella asiatica) added in microcapsule form. The dried bread (bagelen) pegagan contained of 2,60% water, 8,28% protein, 33,01% fat, 54,69% carbohydrate, 549 kcal, and 79,67 ppm asiatic acid.

Keywords: Centella asiatica, bagelen pegagan, functional food, elderly.