

## **BAB V**

### **KESIMPULAN DAN SARAN**

#### **5.1. Kesimpulan**

1. Penggunaan CMC berpengaruh nyata terhadap karakteristik fisikokimia dan organoleptik donat dengan substitusi tepung bekatul. Penggunaan CMC hingga 1,5% dapat meningkatkan volume spesifik, *springiness*, *cohesiveness*, kesukaan terhadap keseragaman pori, kemudahan digigit, dan kelembutan; serta menurunkan kadar air dan *hardness* donat dengan substitusi tepung bekatul.
2. Konsentrasi CMC sebesar 1,5% perlu ditambahkan untuk menghasilkan donat dengan substitusi tepung bekatul dengan karakteristik organoleptik terbaik yang memiliki 5,72 (agak suka-suka), kemudahan digigit 5,32 (agak suka-suka), dan kelembutan 5,18 (agak suka-suka). Sampel donat dengan substitusi bekatul yang ditambahkan 1,5% CMC memiliki kadar air 19,57%; kadar abu 1,45%; kadar protein 5,31%; kadar lemak 31,75%; kadar karbohidrat 41,92%; dan kadar serat 1,03%.

#### **5.2. Saran**

Perlu dilakukan penelitian lanjutan mengenai kadar serat pangan donat dengan substitusi tepung bekatul yang ditambahkan CMC, serta pengaruh konsumsinya secara jangka panjang sebagai pangan fungsional. Bentuk dan ukuran donat bekatul yang digunakan untuk seluruh analisa sebaiknya sama sehingga hasil analisa yang diperoleh lebih akurat.

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