BAB V
KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perbedaan proporsi tepung kacang merah dan tepung beras putih berpengaruh terhadap sifat fisikokimia *flakes* yaitu kadar air, daya serap air, *hardness*, warna, aktivitas antioksidan, kadar total antosianin dan kemampuan reduksi ion besi.
2. Proporsi *flakes* 0:100 memberikan nilai kadar air dan *hardness* tertinggi (5,84% dan 1155,277 g), tetapi memiliki nilai daya serap air terendah (69,93%). .
3. *Flakes* dengan proporsi 0:100 memiliki nilai *lightness* dan *chroma* yang paling rendah rendah (58,1 dan 15,8). Nilai *hue* menunjukkan *flakes* masuk dalam kategori warna merah (*Red*) dan merah kekuningan (*Yellow Red*).
4. Proporsi *flakes* 0:100 memiliki nilai kadar total antosianin tertinggi (0,7973 mg/100 g) sehingga mempengaruhi nilai aktivitas antioksidan dan kemampuan reduksi ion besi. *Flakes* proporsi 0:100 memiliki nilai aktivitas antioksidan dan kemampuan reduksi ion besi tertinggi yaitu 26,76 % penangkapan radikal bebas dan 0,0549 mg/g.

5.2. Saran

Perlu dilakukan uji organoleptik untuk mengetahui proporsi *flakes* yang paling disukai panelis sehingga dapat dikembangkan lebih lanjut sebelum diproduksi dan dipasarkan.

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