TESTING FIBER CONTENT IN BIHUN NOODLES, BASAH NOODLES AND SHIRATAKI NOODLES THAT ARE SOLD IN THE MARKET

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ABSTRACT

Background: *Based on the results of observations, some noodles on the market still do not include nutritional information tables on their packaging, so information about the nutritional content, especially the fiber content, is not known. Information on the fiber content in noodle products can help consumers choose noodle products that suit their needs for consumption. In general, there are four types of noodles that are widely sold, namely wet noodles, corn vermicelli noodles, rice vermicelli noodles, and shirataki noodles. These four noodles use raw materials of grains (wet noodles, corn vermicelli noodles, and rice vermicelli noodles) and tubers (shirataki noodles), which are naturally rich in crude fiber. Previous research has examined the level of crude fiber in raw materials for noodles and flour processed as raw materials, the further processing process from raw materials to flour turns out to be able to change the crude fiber content to be lower. The process of processing flour into noodles also allows for changes in the crude fiber content of the finished product.* ***Objective:*** *This study aims to test and compare the crude fiber content of the four types of noodles (wet noodles, corn vermicelli noodles, rice vermicelli noodles, shirataki noodles).* ***Methods:*** *This study applies a gravimetric method in accordance with SNI 01-2891-1992, with the stage of acid and base hydrolysis to eliminate non-fiber components by the reflux method.* ***Results:*** *This study shows that wet noodles have a crude fiber content of 0.14%. Corn vermicelli noodles by 2.78%, rice vermicelli noodles by 0.26%, shirataki noodles by 1.28%. The higher crude fiber content of corn vermicelli noodles is caused by the raw material and processing process, namely corn.* ***Conclusion:*** *The results of the study on crude fiber content in wet noodles, corn vermicelli noodles, rice vermicelli noodles and shirataki noodles by gravimetric method showed variations in crude fiber content in each type of noodles. The order of crude fiber content is the highest, namely corn vermicelli noodles, followed by shirataki noodles, rice vermicelli noodles and wet noodles.*

Keywords: *Coarse fiber, wet noodles, corn vermicelli noodles, rice vermicelli noodles and shirataki noodles*