

ABSTRACT

Pistachios are one of the oldest bean plants in the world, originating from several countries in the Middle East. Pistachios have very hard skin (shells), ripe pistachios are partially opened so the seeds are easily removed. According to some nutrition experts, pistachio nuts contain lower calories, compared to other types of beans. Nutrients in Pistachio Every 100 grams of pistachios contains around 570 calories, also contains carbohydrates, fats, proteins, and various types of vitamins. This Pistachio Cake was using palm sugar as a substitute for sugar. Palm sugar is sugar produced through the process of tapping the juice of sap from the palm tree. Some of the substances contained in palm sugar, namely carbohydrate, protein, fat, calcium, iron, phosphorus, vitamin B3 (niacin) and vitamin C. Palm sugar also contains dietary fiber which is very good for the health of the digestive system, palm sugar also contains high fructose and sucrose which gives a natural and healthy sweet taste. The purpose of this study is to develop a traditional snacks become new pistachio cake by adding flavor as well as high nutritional value to pistachio nuts and palm sugar so that this cake can be enjoyed by all ages, both for those who are running a healthy lifestyle, for those on a diet, even good for old people because this cake is used as a healthy snack. This study was conducted using an experimental method in 3 experiments, which are 50 percent, 75 percent with a comparison of pistachio nuts, flour and using palm sugar, and 75 percent comparison of pistachio nuts, flour, and sugar. The consumer acceptance test by organoleptic test to 100 consumers consisted of nutritionists, lecturers, employees and students by distributing questionnaires.

Keyword : cake, flour, pistachio nut, Palm Sugar