

ABSTRACT

Nowadays, people are starting to realize the importance of body health, from maintaining sleep patterns, exercising regularly, to managing diet. One source of healthy food is Garut tuber or in English known as arrowroot. Garut tubers are rich in nutrients and have many benefits. Garut tuber can also be used as an alternative source of carbohydrates to replace wheat flour due to its large starch content, but with a plus value of gluten-free and low glycemic index. Thus, it can be concluded that arrowroot flour can be used as a substitute for wheat flour in baking, as in red velvet cake. Red velvet cake is one of the many cakes that are popular among the public. However, red velvet cake does not fit the concept of healthy food which is currently becoming a trend. This research was conducted with the purpose of determining the nutritional content of red velvet cake with wheat flour and Garut tuber flour. The research method used is experimentation accompanied by food tests to determine nutritional levels. The results of the research stated that the use of Garut tuber flour and soybean milk was less effective in fortifying red velvet cake product, but had an effect in reducing the fat and calorie content in the product. The suggestion from this research is to modify other materials to get more significant results and carry out organoleptic tests..

Keywords: *Red velvet cake, arrowroot flour, soybean milk*