

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, tofu cup noodle is an innovation in utilizing firm silken tofu and, vial wheat gluten which are the main sources of protein. The result of the study showed that tofu cup noodle has good texture, sight, and taste, despite lacking smell, which can be solved by mixing the sauce packet. The production process of tofu cup noodle product involves several stages, including dough preparation, shaping, and sauce preparation. Once processed, tofu cup noodles contain 360 calories. In addition to its nutritional benefits, tofu noodle becomes a high-protein meal, with approximately 27 grams of protein per serving, making it particularly beneficial for those interested in fitness, weight management, and general health maintenance. Tofu cup noodle has a shelf life of approximately 2-3 months.

5.2 Suggestion

A more suitable alternative to silken tofu is soybean powder or dehydrated tofu, as these ingredients provide a higher protein content and lower hydration level. The reduced hydration prevents the noodle dough from becoming sticky, making it easier to shape, while also allowing for the application of additional preservation methods that can extend its shelf life. The noodles are best sold fresh rather than vacuum-sealed, as vacuum sealing may cause clumping and negatively affect the texture. Furthermore, the use of paper cups as packaging is not recommended, since they cannot withstand freezing temperatures. To enhance flavor, the noodles would also benefit from double the amount of seasoning, even if this results in slightly higher caloric content.