APPENDIX

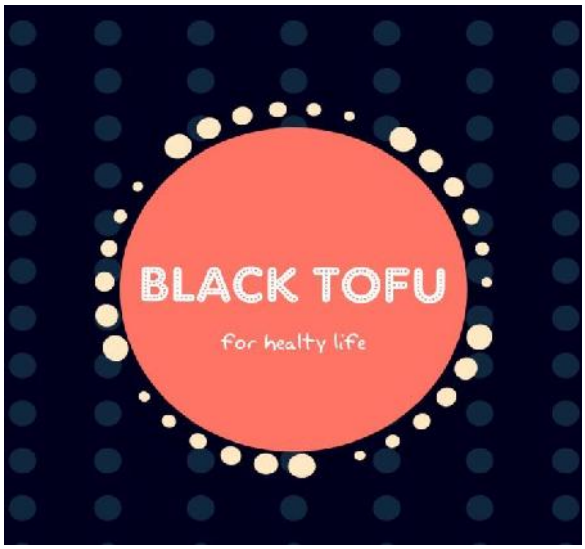
7.1 Nutrition Facts of healthy Tofu (1pc)

There are the nutrients values of healthy tofu per 1 pc (Red Beans+Black Beans):

Total fat	= 5,3gr + 1,45gr	= 6,75gr : 17 x 9	= 3,57 kcal
Protein	= 112,65gr + 30,15gr	= 142,8gr: 17 x 4	= 33,6 kcal
carbohydrate	= 306,45gr + 82,8gr	= 389,25gr: 17 x 4	= 91,58 kcal
		total kcal 1 unit	= 128,75kcal

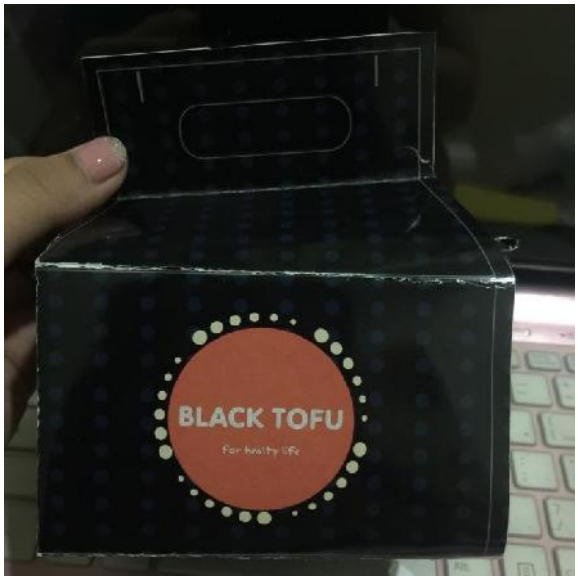
7.2 packaging design

1. logo



Picture 14. Logo (Personal Documentation, 2019)

2. packaging



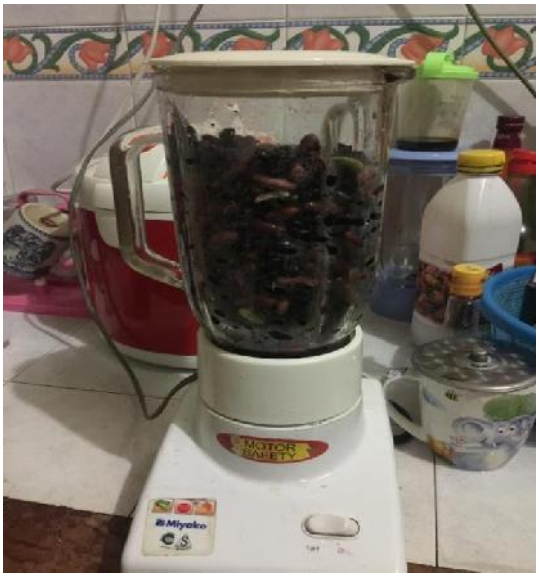
Picture 15. Packaging (Personal Documentation, 2019)

7.3 process of making tofu

This is the process of making tofu:

Picture 16. Prepare the ingredients (Personal Documentation, 2019)

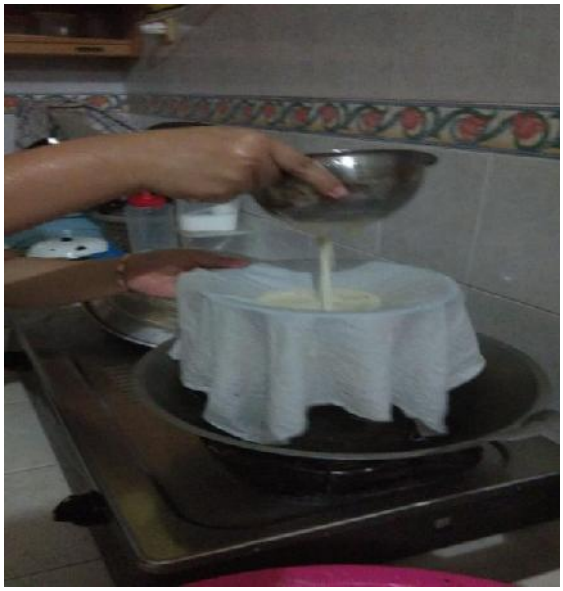
Picture 17. Wash red beans and black beans(Personal Documentation, 2019)



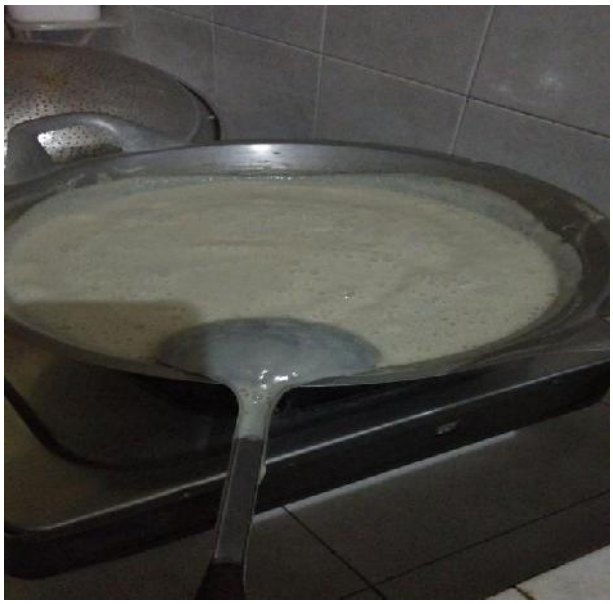
Picture 18. Blend red beans and black beans until smooth

(Personal Documentation, 2019)

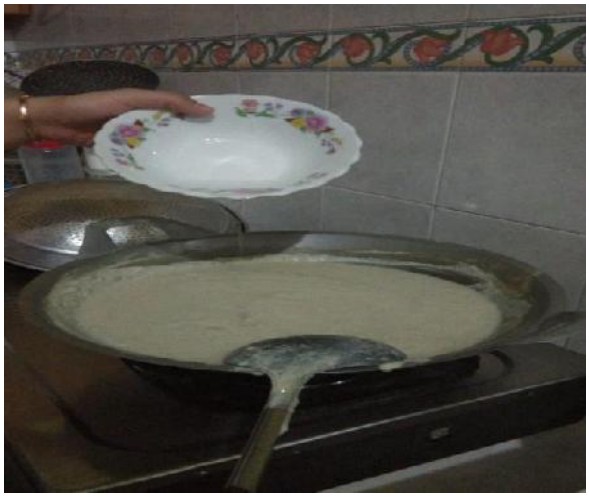
Picture 19. Strain the milk with tofu cloth (Personal Documentasion,2019)



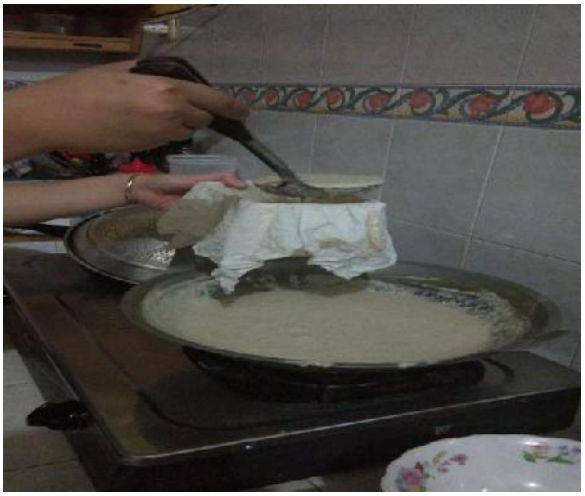
Picture 20. Strain the milk (Personal Documentation, 2019)



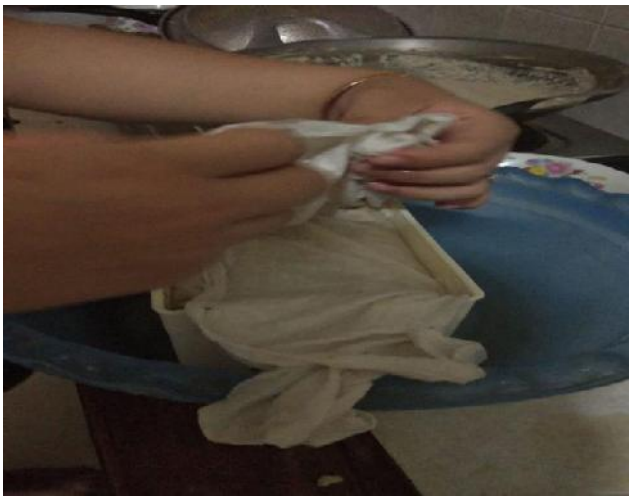
Picture 21. Boil the milk and simmer (Personal Documentation, 2019)



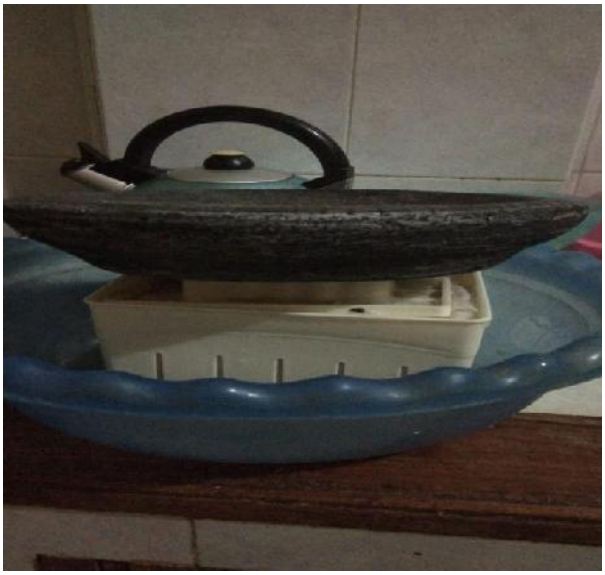
Picture 22. Put the vinegar and wait until have curd (Personal Documentation, 2019)



Picture 23. Put the curd into a mold (Personal Documentation, 2019)



picture 24. Put the curd into a mold with tofu cloth (Personal Documentation, 2019)

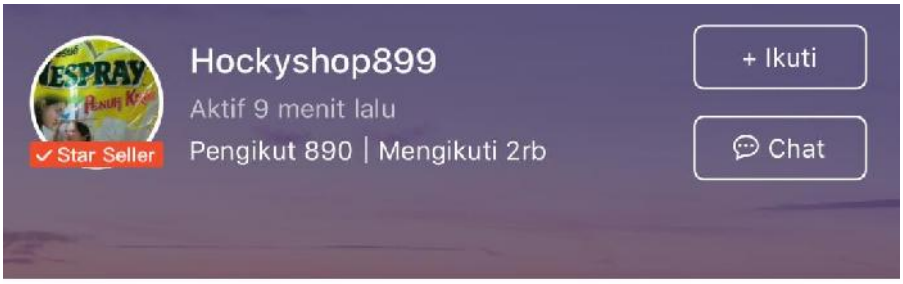


Picture 25. Press the mold with mortar and wait until hard (Personal Documentation, 2019)

Picture 26. Tofu already done(Personal Documentation, 2019)

7.4 supplier list

The supplier of making black tofu is all from online shopping at Shoppe, This is the supplier for making black tofu:



Picture 27. Supplier list(Personal Documentation, 2019)

Akademi Kuliner & Patiseri
OTTIMMO INTERNASIONAL
CULINARY ARTS GASTRONOMY BAKING & PASTRY ARTS

NAME : Prelina Andri felancia
STUDENT ID : 1774130010003
CLASS : Fondant/Florence

TITLE : Antioxidant Red and Black Beans Tofu

Revisi

- INGREDIENTS :
- 500gr Red Beans
- 500gr Black Beans
- 2lt water
- 30gr vinegar

STEPS :

1. Wash the beans than soak into the water for 12 hours at this process beans will be expand, after that wash the beans thoroughly.
2. Grind the beans in a blender.
3. Boil the grind beans until bubbling.
4. Strain the beans with a cloth to separate the juice and at the water to make easier the process.
5. Boil the juice and at the vinegar.
6. Wait until it has a clot, take the clot and shape it.
7. Wait until 15 minutes or until it's hard and then boil around 1 hours to reduce the flabbiness of the tofu

APPROVAL BY ADVISOR	APPROVAL BY LIBRARIAN	APPROVAL BY DIRECTOR ACADEMY
DATE: 25-02-19 Nia Rochmawati, MP	DATE: 25 February 2019 ELFAR	DATE:

R&D PROJECT
APPROVED!
(A New Product)

BLACK TOFU

By Prelina Andri Felancia

ABSTRACT

Black tofu are product make from black beans and red beans. This has many benefit for maintain heart health, digestion, gastric detoxification, controlling blood pressure, prevent diabetes, prevent cancer, anti aging, maintaining bone health, lose weight, prevent impotence, prevent Alzheimer and Parkinson disease, fetal health, and improve the immunity of the body. Based on the calculation, known the nutrition from the black tofu are carbohydrate: 92gr, protein: 34gr, and total fat: 3,5gr.one packaging contains 1 tofu, the price is Rp.9.500

BACKGROUND

Red beans and black beans has a lot of benefit, but only few people know to cook with both of them, therefore this product was created.

OBJECTIVE

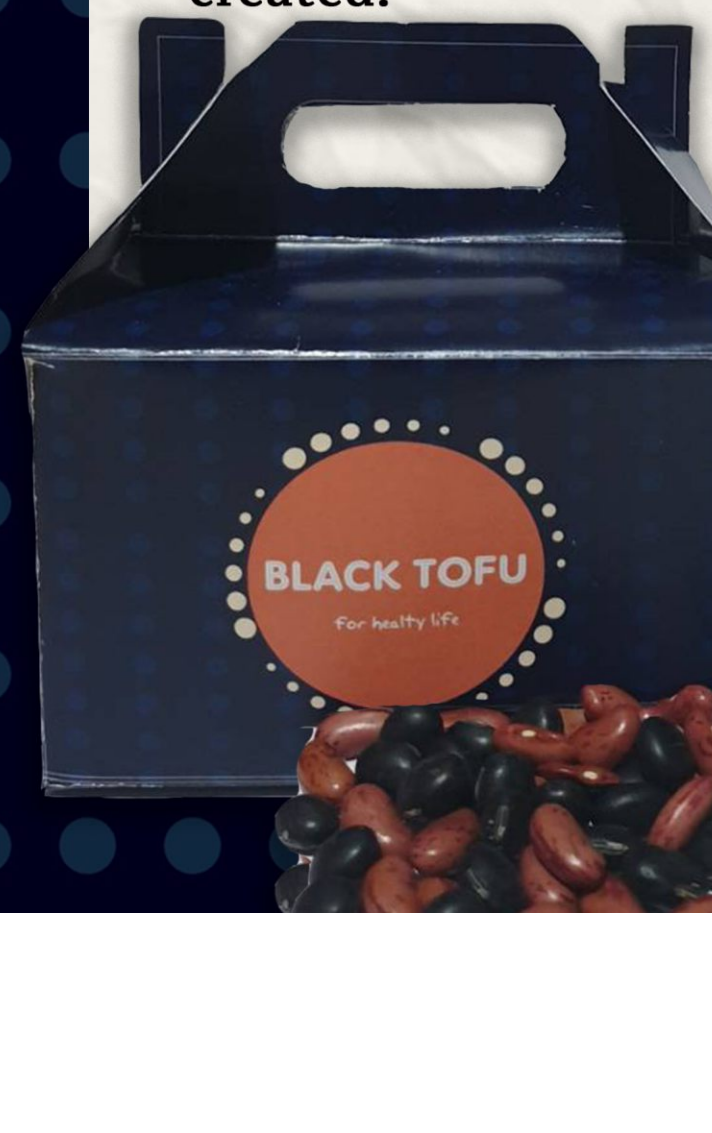
1. To make the vegetarians people has a different food to eat and to substituting meat
2. To make the more healthier food
3. To make a new product

METHODOLOGY:

1. Washing the ingredients
2. Soak into the water
3. Blender the ingredients
4. Strain the ingredients
5. Boil the juice and at the other ingredients
6. Put the ingredient in mold

CONCLUSION

Black beans and red beans has a many benefit, this product make from combine very healthy beans, this product can substituting meat and has a lot of protein. This product use a natural ingredients, all ingredients that use have a good quality, the important things is that black tofu is low calories.



Nutrition Facts

1 servings per container

Serving size (150g)

Amount Per Serving	
Calories	**130**
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 92g	33%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 34g	68%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

aily Value (DV) tells you how much a nutrient in a ributes to a daily diet. 2,000 calories a utrition advice.

ADVISOR :

NIA ROCHMAWATI, S. TP., M.P

EXAMINER I :

DR. IR. FADJAR KURNIA HARTATI, M.P

EXAMINER II :

CHEF SAGITA ASIH ALDRIS

EXAMINER III :

CHEF KRESNA BAYU PRANATA