**RESEARCH AND DEVELOPMENT FINAL PROJECT**

**CHOCOBRO HEALTHY CHOCOLATE**

**(BROCCOLI CHOCOLATE)**



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SURABAYA

2020

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(BROCCOLI CHOCOLATE)

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**ACKNOWLEDGEMENT**

First, i would like to express my special thanks of gratitude to God that bring me here. Than as well i want to thanks to my parents who gave me motivation on this project, which also helped me in doing a lot of Research and i came to know about so many new things I am really thankful to them.

Secondly i would like to express my special thanks of gratitude to my teacher as well as our principal Mr. Zaldy Iskandar who gave me the golden opportunity to do this wonderful project, which also helped me in doing a lot of Research and i came to know about so many new things.   
I would like to thank supervisor ms Latifahtur Rahmah who helped me a lot in gathering different information, collecting data and guiding me from time to time in making this project , despite of their busy schedules ,they gave me different ideas in making this project unique.  
Thanking you,

1. Mr. Zaldy Iskandar B.Sc as Director of Akademi Kuliner dan Patiseri Ottimmo International Surabaya
2. Ms Irra Chrisyanti Dewi,S.Pd., M.S.M, as Head of Culinary Arts Program
3. Ms. Latifahtur Rahmah S.Pd., M.Pd, as this projects’s supervisor who had provided excellent guidance and suggestions through the making and completion of this report.
4. Family and Friends who always support during the making of this project.

Surabaya, July 9, 2020

Darian Lukas Adipranata

**EXECUTIVE SUMMARY**

Chocobro is one of a many healthy food out there. Why chocobro, because we use chocolate and broccoli as the main ingredients, so with the name of chocobro writer is hope easy to remember. Broccoli is an edible green plant in the cabbage family (family Brassicaceae, genus *Brassica*) whose large flowering head and stalk is eaten as a vegetable. The word *broccoli* comes from the Italian plural of *broccolo*, which means "the flowering crest of a cabbage", and is the diminutive form of *brocco*, meaning "small nail" or "sprout". 1 cup (91 grams) brocolli contain 31 calories 0.3g fat, 30mg sodium, 6g carbohydrates, 2.4g fiber, 1.5g sugars, 2.5g protein. Chocolate is a preparation of roasted and ground cacao seeds that is made in the form of a liquid, paste, or in a block, which may also be used as a flavoring ingredient in other foods. Dark chocolate compound contain (25g)140Cal**,** 14g Carbs**,** 9gFat**,** 1gProtein

Keyword : Chocolate, Broccoli

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