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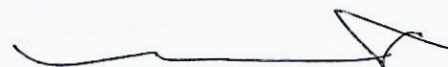
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Diana Nur Afifah ^{1,2}, Anindya Selviana Putrianti ^{1,2}, Andrea Putri Sekar Tunjung ^{1,2}, and Ninik Rustanti ^{1,2}

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Abstract—Type 2 diabetes mellitus can be controlled or prevented by consuming foods which had a low glycemic index (GI). Modified kepok banana (*Mussa paradisiaca* L.) flour was made with an autoclaving-cooling method and spontaneous fermentation to produce low glycemic index chocolate crackers as a snack for type 2 diabetes patients. This study analyzed the organoleptic properties, the content of resistant starch and in vitro starch digestibility, the glycemic index [GI], and glycemic load [GL] of chocolate crackers made with modified kepok banana flour. The inclusion of modified kepok banana flour produced significant differences in color, texture and taste in the crackers, which also had a low GI and GL. In addition, the resistant starch content was unaffected by the production method, while the in vitro starch and digestibility were affected by the amount of kepok banana flour used.

Index Terms—kepok banana, type 2 diabetes mellitus, resistant starch, in vitro starch digestibility, glycemic index.

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