PENGARUH SUBTITUSI *PUREE* JAMBU BIJI MERAH TERHADAP TOTAL FENOL, KANDUNGAN GIZI DAN DAYA TERIMA *JELLY DRINK* DAUN KACAPIRING

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Abstrak

Daun kacapiring memiliki kadar fenol tinggi yang dapat berfungsi sebagai antioksidan untuk meredam senyawa radikal bebas khususnya pada obesitas. Tujuan penelitian ini untuk menganalisis pengaruh subtitusi *puree* jambu biji merah terhadap total fenol, kandungan gizi dan daya terima *jelly drink*, serta menentukan formula terpilih. Penelitian ini adalah penelitian eksperimental Rancangan Acak Lengkap (RAL) dengan dua kali pengulangan. Formula *jelly drink* dengan tingkat presentase subtitusi *puree* jambu biji merah F1 (10%), F2 (20%), dan F3 (25%). Analisis uji total fenol dan kandungan gizi menggunakan uji Anova dengan lanjutan uji Duncan. Analisis data uji organoleptik menggunakan uji Kruskal-Wallis dengan lanjutan uji Mann-Whitney. Hasil analisis menunjukan bahwa tingkat subtitusi *puree* jambu biji merah berpengaruh nyata terhadap total fenol (p=0,01) dan kadar air (p=0,018), namun tidak berpengaruh terhadap kadar abu, protein, lemak dan karbohidrat (p>0,05). Analisis uji organoleptik menunjukan subtitusi *puree* jambu biji merah berpengaruh nyata terhadap daya terima *jelly drink* daun kacapiring berdasarkan parameter aroma, rasa dan tekstur namun tidak berpengaruh pada parameter warna. Formula terpilih adalah *jelly drink* F3 yang memiliki kadar air 93,31%, kadar abu 1,61%, kadar protein 1,47%, kadar lemak 0,19%, kadar karbohidrat 3,4%, dan kadar fenol 48 ± 6,265 mg GAE/kg.

Kata Kunci : *Jelly Drink*, Fenol, Daun Kacapiring, Jambu Biji Merah

THE EFFECT OF SUBTITUTION RED GUAVA PUREE ON TOTAL PHENOL, NUTRITION CONTENT AND ACCEPTANCE OF GARDENIA LEAVES JELLY DRINK

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Abstract

Gardenia leaves have high phenol levels which as antioxidants can reduce free radical compounds, especially in obesity. The purpose of this study was to analyze the effect of red guava puree substitution on total phenol, nutritional content and acceptability, and determine the selected formula. This research used Completely Randomized Design with two repetitions. Jelly drink formula with the percentage level of red guava puree substitution is F1 (10%), F2 (20%), and F3 (25%). Analysis of total phenol test and nutritional content using the Anova test with Duncan's test continued. Organoleptic test data analysis used the Kruskal-Wallis test with continued Mann-Whitney test. The results showed that the level of substitution of red guava puree had a significant effect on total phenol ($p=0.01$) and water content ($p=0.018$), but had no effect on ash, protein, fat and carbohydrate content ($p>0.05$). Organoleptic analysis showed that red guava puree substitution had a significant effect on the acceptability of the gardenia leaf jelly drink based on aroma, taste and texture parameters but had no effect on color parameters. The selected formula is jelly drink F3 which has 93.31% water content, 1.61% ash, 1.47% protein, 0.19% fat, 3.4% carbohydrate, and 48 ± 6.265 mg GAE/kg phenol.

Keywords: Jelly Drink, Phenol, Gardenia Leaves, Red Guava