

**KANDUNGAN GIZI, SIFAT FISIK DAN AKTIVITAS  
ANTIOKSIDAN SERTA PENGARUHNYA TERHADAP  
DAYATERIMA ES KRIM NABATI SUSU KEDELAI  
DENGAN PENAMBAHAN BUAH CIPLUKAN  
(PHYSALIS ANGULATA L.) DAN PEKTIN**

**Annya Hapsari**

**Abstrak**

Buah ciplukan (*Physalis angulata* L.) merupakan buah tinggi antioksidan. Penelitian ini bertujuan mengetahui kandungan gizi, sifat fisik dan aktivitas antioksidan serta menganalisis pengaruhnya terhadap daya terima es krim nabati susu kedelai dengan penambahan buah ciplukan (*Physalis angulata* L.) dan pektin. Desain penelitian yang digunakan yaitu metode analisis deskriptif . Buah ciplukan dan pektin ditambahkan dalam es krim nabati susu kedelai dengan perbandingan (350: 4; 400:4; 350:7 dan 400:7). Penambahan buah ciplukan dan pektin pada es krim nabati berbeda nyata terhadap mutu hedonik warna, mutu hedonik aroma, tingkat kesukaan aroma, mutu hedonik rasa, tingkat kesukaan rasa, mutu hedonik tekstur, dan tingkat kesukaan tekstur. Serta tidak berbeda nyata terhadap tingkat kesukaan warna. Formula terpilih yang diperoleh dari hasil uji ini adalah es krim C1P2 dengan penambahan buah ciplukan 350 gram dan pektin 7 gram dengan kadar air 73,86% , kadar abu 0,32 % , kadar protein 1,79 % , kadar lemak 3,14 % , kadar karbohidrat 20,85%, nilai kapasitas antioksidan 10,81%, overrun 25 % , waktu leleh 9 menit 29 detik, pH 6,3 dan viskositas 46,3 cPoise.

**Kata Kunci:** Es Krim, Ciplukan, Pektin, Antioksidan

**NUTRIENT CONTENT, PHYSICAL PROPERTIES AND  
ANTIOXIDANT ACTIVITY AND THE EFFECT OF  
ACCEPTABILITY OF THE SOY MILK ICE CREAM  
WITH THE ADDITION OF GOLDEN BERRIES  
(PHYSALIS ANGULATA L.) AND PECTIN**

**Annya Hapsari**

**Abstract**

Golden berries (*Physalis angulata* L.) is a high-antioxidant fruit. This study aims to determine the nutrient content, physical properties and antioxidant activity as well as analyze its influence on the acceptability of in soy milk ice cream with the addition of golden berries (*Physalis angulata* L.) and pectin. This study uses descriptive analysis method. There are two factors of addition in the manufacture of soy milk ice cream. Golden berries and pectin were added to soy milk ice cream by the ratio of 350: 4; 400: 4; 350: 7 and 400: 7. The results showed that the addition of golden berries and pectin to ice cream had a significant effect on hedonic quality of color, hedonic quality of smell, degree of smell preference, hedonic quality of taste, level of taste, hedonic quality of texture, and level of texture preference. The addition of golden berries did not have a significant effect on the level of color preference. The selected formula obtained from the results of this test is C1P2 ice cream with the addition of 350 gram golden berries and 7 gram pectin with a moisture content of 73.86%, ash content 0.32%, protein content 1.79%, fat content 3,14%, carbohydrate content 20.85%, antioxidant capacity 10.81%, overrun 25%, melting time of 9 minutes 29 seconds, pH of 6.3 and viscosity of 46.3 cPoise.

**Keywords:** Ice Cream, Goldenberries, Pectin, Antioxidant