FORTIFIKASI TEPUNG LABU KUNING TERHADAP NILAI GIZI KLEPON DARI TEPUNG BERAS KETAN

[Fortification of Yellow Pumpkin Flour on Nutritional Value ofKlepon Made from Glutinous Rice Flour]

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ABSTRACT

This study was to known the effect of fortification of yellow pumpkin flour on nutritional value of klepon made from glutinous rice flour. The method used in this study was an experimental method with Completely Randomized Design that was the concentration of yellow pumpkin flour (0%, 1%, 2%, 3%, 4%, and 5%). The parameters observed were beta-carotene, antioxidant activity, moisture content, ash content, color, and sensory properties (taste, color, texture, and aroma). Observation data were analyzed of variance with a real level of 5% using Co-Stat. If there was a real difference, further test of Honest Significant Difference (sensory parameter) was carried out, while for the parameters of chemical and physical properties further test done using orthogonal polynomials. The results showed that the concentration of yellow pumpkin flour had a significantly different effect on beta-carotene, antioxidant activity, moisture content, ash content, color, and, texture, and taste hedonically, but did not significantly different from the texture in scoring of the klepon. Klepon with fortified of 5% yellow pumpkin flour was a product that produce the highest betacarotene (4,36µg/100g), the highest antioxidant activity (52,59%), the highest ash (4,79%), and the highest moisture (44,73 %). Klepon with fortified of 1% yellow pumpkin flour was a treatment that received by panelist from sensory of texture and flavor.

Keywords: *Klepon, yellow pumpkin, glutinous rice flour.*

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh fortifikasi tepung labu kuning terhadap kadar betakaroten, aktivitas antioksidan kadar air, kadar abu, warna, dan sensoris dari klepon dari tepung beras ketan. Metode yang digunakan dalam penelitian ini adalah metode eksperimental dengan Rancangan Acak Lengkap faktor tunggal yaitu konsentrasi tepung labu kuning (0%, 1%, 2%, 3%, 4%, dan 5%). Parameter yang diamati yaitu kadar betakaroten, aktivitas antioksidan kadar air, kadar abu, warna, dan sensoris (rasa, warna, tekstur, dan aroma). Data hasil pengamatan dianalisis keragaman dengan taraf nyata 5% dengan menggunakan *Co-Stat*. Apabila terdapat perbedaan nyata, dilakukan uji lanjut Beda Nyata Jujur (untuk parameter sensoris), sedangkan untuk paramater sifat kimia dan sifat fisik dilakukan uji lanjut menggunakan *polynomial orthogonal*. Hasil penelitian menunjukkan konsentrasi tepung labu kuning memberikan pengaruh yang berbeda nyata terhadap kadar betakaroten, aktivitas antioksidan kadar air, kadar abu, warna, tekstur, dan rasa secara hedonik namun tidak berbeda nyata terhadap tekstur secara *scoring* dari klepon. Klepon dengan perlakuan fortifikasi tepung labu kuning sebanyak 5% merupakan produk yang menghasilkan kadar betakaroten tertinggi (4,36 µg/100g), aktivitas antioksidan tertinggi (52,59%), kadar abu tertinggi (4,79%), dan kadar air tertinggi (44,73%). Sedangkan klepon dengan perlakuan fortifikasi tepung labu kuning sebanyak 1% merupakan produk yang dapat diterima oleh panelis dari sensoris tekstur dan rasa.

Kata kunci: Klepon, labu kuning, tepung beras ketan.