

**PENGARUH PENAMBAHAN TEPUNG BIJI NANGKA (*Artocarpus heterophyllus*)
TERHADAP NILAI GIZI, SIFAT FISIK DAN ORGANOLEPTIK ES KRIM JAGUNG
MANIS**

**[THE EFFECT OF ADDITIONAL FLOUR OF *Jackfruit (Artocarpus heterophyllus)*
SEEDS ON NUTRITIONAL VALUE, PHYSICAL AND ORGANOLEPTIC PROPERTIES OF
SWEET CORN ICE CREAM]**

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ABSTRACT

This study aims to determine the effect of addition jackfruit seed flour as a stabilizer on the nutritional value, physical and organoleptic properties of sweet corn ice cream. This study used an experimental method with a completely randomized design (CRD) with one factor, namely the addition of jackfruit seed flour as a stabilizer with 6 treatments, namely P1 = 0% (CMC 0,5%) as control, P2 = 3%, P3 = 6%, P4 = 9%, P5 = 12% and P6 = 15% with 3 repetitions. Parameters observed included moisture content, ash content, fiber content, overrun, melting resistance and organoleptic (color, taste, aroma and texture). Observational data were tested by analysis of variance (Analysis of Variance) with a significance level of 5% using Co-Stat. If there was a significant difference, a further test was carried out using Honest Significant Different (BNJ) at the same level of 5%. The results showed that the addition of CMC and jackfruit seed flour gave significantly different effects on moisture content, ash content, crude fiber content, overrun, resistance, texture (hedonic and scoring), color (scoring). Addition of jackfruit seed gave no significant effect on aroma, taste, color (hedonic). The higher the addition of jackfruit seed flour causes an increase in water content, ash content, crude fiber content, overrun and resistance. The addition of 12% jackfruit seed flour was the best treatment with a water content of 65,43%; ash content 1,67%; crude fiber content 1,54%; overrun 48,15%, resistance 47,25 min, yellow color, slightly soft texture, taste and aroma that can be accepted by panelists with a level of acceptance like.

Keywords: ice cream, jackfruit seeds, sweet corn

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan tepung biji nangka sebagai penstabil (*stabilizer*) terhadap nilai gizi, sifat fisik dan organoleptik es krim jagung manis. Penelitian ini menggunakan metode eksperimental dengan Rancangan Acak Lengkap (RAL) satu faktor yaitu penambahan tepung biji nangka sebagai penstabil dengan 6 perlakuan yaitu P1= 0% (CMC 0,5%) sebagai kontrol, P2= 3%, P3= 6%, P4= 9%, P5= 12% dan P6= 15% dengan 3 kali pengulangan. Parameter yang diamati meliputi kadar air, kadar abu, kadar serat, *overrun*, resistensi pelelehan dan organoleptik (warna, rasa, aroma dan tekstur). Data hasil pengamatan diuji dengan analisis keragaman (*Analysis of Variance*) dengan taraf nyata 5% menggunakan *Co-Stat*. Apabila terdapat perbedaan nyata maka dilakukan uji lanjut menggunakan Beda Nyata Jujur (BNJ) pada taraf yang sama yaitu 5%. Hasil penelitian menunjukkan bahwa penambahan tepung biji nangka memberikan pengaruh berbeda nyata terhadap kadar air, kadar abu, kadar serat kasar, *overrun*, resistensi, tekstur (hedonik dan skoring), warna (skoring), namun tidak berbeda nyata terhadap aroma, rasa, warna (hedonik). Semakin tinggi penambahan tepung biji nangka menyebabkan peningkatan kadar air, kadar abu, kadar serat kasar, *overrun* dan resistensi. Perlakuan penambahan tepung biji nangka 12% merupakan perlakuan terbaik dengan kadar air 65,43%; kadar abu 1,67%; kadar serat kasar 1,54%; *overrun* 48,15%, resistensi 47,25 menit, berwarna kuning, tekstur agak lembut, rasa dan aroma yang dapat diterima oleh panelis dengan tingkat penerimaan suka.

Kata kunci : biji nangka, es krim, jagung manis