

**PENGARUH SUBSTITUSI UBI JALAR PUTIH (*Ipomoea batatas*)
SEBAGAI *FILLER* TERHADAP INDEKS GLIKEMIK, KUALITAS
KIMIA DAN SENSORIS KORNET DAGING SAPI**

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh substitusi kentang dengan ubi jalar putih terhadap nilai estimasi indeks glikemik, kualitas kimia dan sensoris kornet daging sapi. Bahan yang digunakan pada penelitian ini adalah daging sapi, kentang, ubi jalar putih, dan bumbu. Perlakuan yang digunakan terdiri atas 5 perlakuan substitusi ubi jalar putih yaitu kontrol (P0) 100:0, (P1) 75:25, (P2) 50:50, (P3) 25:75, dan (P4) 0:100. Pengujian estimasi nilai indeks glikemik dilakukan dengan cara menghitung nilai indeks glikemik dikalikan dengan karbohidrat yang tersedia dalam porsi bahan. Kualitas kimia yang diuji meliputi kadar air, protein, lemak, karbohidrat dan abu sedangkan kualitas sensoris meliputi warna, aroma, rasa, tekstur, dan daya terima. Data hasil uji kualitas kimia dianalisis dengan One Way Anova dengan dilanjutkan uji Duncan's new Multiple Range Test. Data hasil uji sensoris dianalisis menggunakan uji Kruskal-Wallis dengan dilanjutkan uji Mann-Whitney. Hasil penelitian menunjukkan bahwa nilai estimasi indeks glikemik menurun seiring dengan penambahan ubi jalar putih. Substitusi ubi jalar putih memberikan pengaruh yang nyata ($P < 0,05$) terhadap kadar air dan karbohidrat, namun tidak nyata terhadap kadar protein, lemak, dan abu. Substitusi ubi jalar putih juga berpengaruh nyata ($P < 0,05$) terhadap warna, rasa, tekstur dan daya terima, namun berbeda tidak nyata terhadap aroma. Kesimpulan dari penelitian ini adalah substitusi ubi jalar putih dapat menurunkan nilai indeks glikemik kornet daging sapi dan mempengaruhi kualitas kimia dan sensoris.

(Kata kunci : Daging Sapi, Kornet, Indeks Glikemik, Kualitas Kimia, Kualitas Sensoris, Ubi Jalar Putih)

**THE EFFECT OF WHITE SWEET POTATO (*Ipomoea batatas*)
SUBSTITUTION AS A *FILLER* ON GLYCEMIC INDEX,
CHEMICAL AND SENSORY QUALITY
OF CORNED BEEF**

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ABSTRACT

This research was carried out to determine the effect of white sweet potato substitution on estimating glycemic index value, chemical quality, and corned beef sensory. The ingredients used in this research were beef, potato, white sweet potato, and seasoning. The experiments used consisted of 5 treatments of white sweet potato substitution, namely control (P0) 100:0, (P1) 75:25, (P2) 50:50, (P3) 25:75, and (P4) 0:100. The glycemic index value estimation test was carried out by calculating the glycemic index value multiplied by the carbohydrates available in the ingredient portion. The chemical quality tested included water, protein, fat, carbohydrate, and ash content while the sensory quality tested included color, aroma, taste, texture, and acceptability. Data from chemical quality tests were analyzed using One Way ANOVA, followed by Duncan's new Multiple Range Test. Sensory test data were analyzed using the Kruskal-Wallis test, followed by the Mann-Whitney test. The results showed that the estimated value of the glycemic index decreased with the addition of white sweet potato. The substitution of white sweet potato had a significant effect ($P < 0.05$) on water and carbohydrate levels but not significantly on protein, fat, and ash levels. The substitution of white sweet potato also had a significant effect ($P < 0.05$) on color, taste, texture, and acceptability, but not significantly different from the aroma. This research concludes that white sweet potato substitution reduces the glycemic index value of corned beef and affects the chemical quality and sensory.

(Keywords: Beef, Corned Beef, Glycemic Index, Chemical Quality, Sensory Quality, White Sweet Potato)