

INTISARI

FORTIFIKASI TEPUNG *Kappaphycus alvarezii* PADA ES KRIM ALMOND SEBAGAI MAKANAN SUMBER SERAT

Kappaphycus alvarezii merupakan golongan rumput laut merah, rumput laut jenis ini memiliki kandungan serat pangan sebesar $73,95 \pm 0,45$ percent;. *Kappaphycus alvarezii* dapat digunakan sebagai sumber serat pangan sehingga dapat ditambahkan pada produk es krim almond sebagai pangan fungsional. Tujuan penelitian ini mengetahui kadar serat pangan pada es krim almond setelah dilakukan penambahan tepung *Kappaphycus alvarezii*, serta mengetahui pengaruh penambahan tepung *Kappaphycus alvarezii* pada karakteristik fisikokimia dan tingkat penerimaan konsumen terhadap produk es krim almond. Penelitian ini dilakukan dua tahap, tahap pertama preparasi pembuatan tepung *Kappaphycus alvarezii*, tahap kedua fortifikasi tepung *Kappaphycus alvarezii* dalam es krim almond. Penelitian ini menggunakan Rancangan Acak Lengkap lpar; RAL rpar; satu faktor dengan lima perlakuan penambahan tepung *Kappaphycus alvarezii* lpar; 0;0,1;0,2;0,3; dan 0,4 percent; rpar; dalam formula es krim 100 ml. Hasil penelitian menunjukkan penambahan tepung *Kappaphycus alvarezii* berpengaruh lpar; P LT 0,05 rpar; terhadap karakteristik fisikokimia dan kandungan serat pangan es krim almond. Hasil penelitian hedonik menunjukkan bahwa formula P4 merupakan formula dengan tingkat kesukaan konsumen paling tinggi. Formula P4 memiliki kadar air 67,36 percent;, abu 1,48 percent;, protein 6,44 percent;, lemak 7,33 percent;, karbohidrat 17,38 percent;, dan serat pangan 4,38 percent;.

Kata Kunci: Diabetes, Es Krim, *Kappaphycus alvarezii*, Fortifikasi Pangan, Serat Pangan

ABSTRACT

FORTIFICATION OF *Kappaphycus alvarezii* FLOUR IN ALMOND ICE CREAM AS A FOOD SOURCE OF FIBER

Kappaphycus alvarezii is a group of red seaweed, this type of seaweed has a dietary fiber content of $73,95 \pm 0,45$ percent;. *Kappaphycus alvarezii* can be used as a source of dietary fiber so that it can be added to almond ice cream products as a functional food. The aim of this research was to determine the dietary fiber content in almond ice cream after adding *Kappaphycus alvarezii* flour, and to determine the effect of adding *Kappaphycus alvarezii* flour on the physicochemical characteristics and level of consumer acceptance of almond ice cream products. This research was carried out in two step, the first step was preparation for making *Kappaphycus alvarezii* flour, the second step was fortification of *Kappaphycus alvarezii* flour in almond ice cream. This research used one factor Completely Randomized Design lpar; CRD rpar;. with five treatments adding *Kappaphycus alvarezii* flour lpar; 0; 0,1; 0,2; 0,3; and 0,4 percent; rpar;. in 100 ml ice cream formula. The resultas showed that the addition of *Kappaphycus alvarezii* flour had an effect lpar; P LT 0,05 rpar;. on the physicochemical characteristics and dietary fiber content of almond ice cream. The result of the hedonic assessment show that the P4 formula is the formula with the highest level of consumer preference. Formula P4 has a water content of 67,36 percent;, ash 1,48 percent;, protein 6,44 percent;. fat 7,33 percent;, carbohydrates 17,38percent;, and dietary fiber 4,38 percent;.

Key words: Diabetes, Ice Cream, *Kappaphycus alvarezii*, Food Fortification, Dietary Fiber.