

Analisis Proksimat Dan Daya Leleh Gelato Berbahan Dasar Susu Sapi Dengan Penambahan Tepung Kubis Merah (*Brassica Oleracea L.*)

INTISARI

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Filosofi tentang makan telah berubah seiring perkembangan kehidupan modern. Sekarang, makan lebih penting untuk mencapai kesehatan dan kebugaran daripada hanya mengatasi rasa lapar. *Underweight* merupakan salah satu masalah gizi di Indonesia. Berdasarkan data Riskesdas pada tahun 2018 prevalensi *underweight* pada remaja usia 16-18 tahun di Indonesia sebesar 8,1%. Upaya yang dapat dilakukan guna mengurangi tingkat prevalensi *Underweight* pada remaja yaitu dengan menciptakan pangan fungsional yang banyak disukai remaja seperti gelato berbahan dasar susu dengan penambahan tepung kubis merah (*Brassica oleracea L.*). Penelitian ini diselenggarakan dengan tujuan untuk mengetahui perbedaan penambahan tepung kubis merah terhadap analisis proksimat dan daya leleh. Penelitian ini menggunakan percobaan acak lengkap dengan 4 perlakuan yang terdiri dari F0, F1, F2, F3 dengan persentase penambahan tepung kubis merah berturut-turut sebesar 0%, 2%, 4%, 6% dengan 2 kali pengulangan. Hasil penelitian menunjukkan bahwa kadar proksimat gelato dengan penambahan tepung kubis merah meliputi kadar air tertinggi pada F1 sebesar 71,75%; kadar abu tertinggi pada F3 sebesar 1,37%; kadar protein paling tinggi pada F1 sebesar 4,96%; kadar lemak tertinggi pada F3 sebesar 6,57%; dan kadar karbohidrat paling tinggi sebesar 18,96% serta kadar serat tertinggi pada F3 sebesar 1,73%. Sedangkan untuk daya leleh gelato dengan waktu paling optimal ditunjukkan oleh F3 dengan waktu pelelehan tiap gram nya adalah 25,08 menit. Kesimpulan penelitian ini adalah terdapat perbedaan signifikan dari penambahan tepung kubis merah pada gelato terhadap kadar air, kadar abu, dan kadar lemak serta kadar serat. Dan terdapat perbedaan signifikan dari penambahan tepung kubis merah terhadap daya leleh gelato.

Kata kunci: Kubis merah, gelato, pangan fungsional, *underweight*, proksimat, daya leleh

Proximate Analysis and Meltability of Gelato Made from Cow's Milk with the Addition of Red Cabbage (*Brassica Oleracea L.*) Flour

ABSTRACT

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Philosophies about eating have changed with the development of modern life. Today, eating is more important to achieving health and fitness than simply managing hunger. Underweight is one of the nutritional problems in Indonesia. Based on Riskesdas data in 2018, the prevalence of underweight among adolescents aged 16-18 years in Indonesia was 8.1%. Efforts that can be made to reduce the prevalence of underweight among teenagers are by creating functional foods that many teenagers like, such as gelato made from milk with the addition of red cabbage (*Brassica oleracea L.*) flour. This research was conducted with the aim of finding out the difference in adding red cabbage flour to proximate analysis and melting power. This research used a complete randomized experiment with 4 treatments consisting of F0, F1, F2, F3 with the percentage of addition of red cabbage flour respectively 0%, 2%, 4%, 6% with 2 repetitions. The results showed that the proximate content of gelato with the addition of red cabbage flour included the highest water content in F1 of 71.75%; the highest ash content in F3 was 1.37%; the highest protein content in F1 was 4.96%; the highest fat content in F3 was 6.57%; and the highest carbohydrate content was 18.96% and the highest fiber content in F3 was 1.73%. Meanwhile, the melting power of gelato with the most optimal time is shown by F3 with the melting time per gram being 25.08 minutes. The conclusion of this research is that there is a significant difference in adding red cabbage flour to gelato on water content, ash content, fat content and fiber content. And there is a significant difference from adding red cabbage flour to the melting power of gelato.

Key words: Red cabbage, gelato, functional food, underweight, proximate, melting power