

## **ANALISIS PROKSIMAT, SERAT KASAR, SENYAWA FENOLIK, DAN AKTIVITAS ANTIOKSIDAN PADA KUKIS LABU SIAM (*Sechium edule*)**

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### **INTISARI**

**Latar belakang:** Data Riskesdas menyatakan masih banyak penduduk yang tidak cukup mengonsumsi sayur dan buah. Padahal, konsumsi sayur dan buah merupakan hal yang penting untuk memenuhi kebutuhan gizi. Indonesia merupakan negara yang dapat ditanami berbagai macam buah dan sayur, salah satunya yaitu labu siam. Labu siam juga mengandung berbagai zat gizi, seperti karbohidrat, serat, protein, lemak, mineral, senyawa fenolik, dan aktivitas antioksidan. Perkembangan teknologi pengolahan pangan mendorong berbagai inovasi dalam produk pangan. Salah satu produk pangan yang disukai oleh berbagai lapisan masyarakat dan tingkat usia, yaitu kukis.

**Tujuan:** Untuk mengetahui perbedaan kadar proksimat, serat kasar, senyawa fenolik, dan aktivitas antioksidan pada berbagai formulasi kukis labu siam.

**Metode:** Penelitian menggunakan 5 formulasi dengan substitusi tepung terigu oleh tepung labu siam sebesar 0%, 25%, 50%, 75%, dan 100%.

**Hasil:** Kadar air, abu, serat kasar, senyawa fenolik, dan aktivitas antioksidan bertambah dan berbeda signifikan pada kukis yang disubstitusi tepung labu siam; sedangkan kadar protein, lemak, karbohidrat, dan energi berkurang dan berbeda signifikan pada kukis yang disubstitusi tepung labu siam.

**Kesimpulan:** Kadar proksimat, serat kasar, senyawa fenolik, dan aktivitas antioksidan antar formulasi kukis labu siam berbeda signifikan.

**Kata kunci:** Proksimat, Serat kasar, Senyawa Fenolik, Aktivitas Antioksidan, Kukis labu siam

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## **ANALYSIS OF PROXIMATE, CRUDE FIBER, PHENOLIC COMPOUNDS, AND ANTIOXIDANT ACTIVITY IN CHAYOTE (*Sechium edule*) COOKIES**

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### **ABSTRACT**

**Background:** *Risikesdas data states that there are still many people who do not consume enough vegetables and fruits. In fact, consumption of vegetables and fruit is important to meet nutritional needs. Indonesia is a country that can be planted with a variety of fruits and vegetables, one of which is Chayote. Chayote also contains various nutrients, such as carbohydrates, fiber, protein, fat, minerals, phenolic compounds, and antioxidant activity. The development of food processing technology encourages various innovations in food products. One of the food products favored by various levels of society and the age level, namely cookies.*

**Objective:** *To determine the difference in levels of proximate, crude fiber, phenolic compounds, and antioxidant activity in various formulations of Chayote cookies.*

**Method:** *The study used 5 formulations with substitution of flour by Chayote powder 0%, 25%, 50%, 75%, and 100%.*

**Result:** *Content of water, ash, crude fiber, phenolic compounds, and antioxidant activity increased and differed significantly in the substitution of Chayote powder; while the levels of protein, fat, carbohydrate, and energy were reduced and differed significantly in the substitution of Chayote powder.*

**Conclusion:** *Levels of proximate, crude fiber, phenolic compounds, and antioxidant activity between the formulations of Chayote cookies differed significantly.*

**Keywords:** *Proximate, Crude fiber, Phenolic compounds, Antioxidant activity, Chayote cookies*

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