

PENENTUAN KANDUNGAN NUTRISI PADA BLONDO SISA PEMBUATAN MINYAK KELAPA

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INTISARI

Telah dilakukan penentuan kandungan nutrisi pada blondo sisa pembuatan minyak kelapa yang dihasilkan dengan tiga metode yaitu spontan, pengasaman dan pancingan. Penelitian ini bertujuan untuk menentukan kandungan nutrisi dan mengidentifikasi kandungan asam amino dari ketiga metode pembuatan minyak.

Metode spontan dilakukan dengan pendiaman secara langsung dan tanpa adanya penambahan bahan lain pada krim kelapa, metode pengasaman dengan menambahkan asam asetat hingga pH 4,5 dan metode pancingan dengan menambahkan VCO sebagai minyak pancingan. Penentuan kandungan nutrisi blondo dilakukan dengan analisis proksimat. Kadar air ditentukan melalui metode gravimetri, kadar abu dengan pengabuan pada suhu 550 °C, kadar minyak melalui ekstraksi Soxhlet, kadar protein melalui analisis Kjeldahl dan kadar karbohidrat melalui *by different*. Analisis kandungan asam amino menggunakan HPLC fasa balik dengan detektor fluoresensi.

Berdasarkan perbandingan kadar protein pada blondo, diperoleh kesimpulan bahwa metode pengasaman merupakan metode yang paling baik. Hal ini ditunjukkan dengan tingginya kadar protein pada blondo metode pengasaman dibandingkan dengan blondo pada metode spontan dan pancingan. Nutrisi yang terkandung pada blondo metode pengasaman antara lain 19,54% protein, 2,51% abu; 3,52% air; 52,64% minyak; 21,78% karbohidrat, dan asam amino total sebesar 24,70% yang terdiri atas 11,99% asam amino esensial (histidin, treonin, arginin, valin, fenilalanin, isoleusin, leusin dan lisin).

Kata kunci: protein, blondo, asam amino, nutrisi.

DETERMINATION OF NUTRIENTS CONTENT IN COCONUT PROTEIN CONCENTRATE AS THE RESIDUE OF COCONUT OIL

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ABSTRACT

Determination of nutrient content has been done in residue of coconut protein concentrate from coconut oil prepared by three methods. Those were spontaneous acidification and inducement method. The aim of this study was to determine the nutrient content and to identify the amino acid group with three methods.

Coconut protein concentrate from spontaneous method was made by thawing the coconut cream directly and there were no additions, acidification method was done by adding acetic acid until pH 4.5 and inducement method was done by adding Virgin Coconut Oil (VCO) as an inducement oil. Determination of nutrient content in coconut protein concentrate was done by proximate analysis. Water content was determined by gravimetric method. Ash content was analyzed by ashing method at a temperature of 550 °C. Oil content was analyzed by Soxhlet extraction, protein content by the Kjeldahl analysis, and carbohydrate was calculated by different of other content. The analysis of the amino acid content was carried out using reverse phase HPLC with a fluorescence detector.

Based on the comparison of protein content in coconut protein concentrate, the result can be concluded that acidification is the best method. It was indicated that protein content on this method was higher than spontaneous and inducement method. Nutrients contained in coconut protein concentrate using acidification method are 19.54% protein; 2.51% ash; 3.52% water; 52.64% oil; 21.78% carbohydrates and 24.70% amino acid consist of 11.99% essential amino acid (histidine, threonine, arginine, valine, phenylalanine, isoleucine, leucine, and lysine).

Keywords: protein, coconut protein concentrate, amino acid, nutrients.