

ABSTRAK

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PEMANFAATAN KURMA (*Phoenix dactylifera* L.) DALAM PEMBUATAN ES KRIM LABU KUNING (*Cucurbita moschata* Duchesne) RENDAH LEMAK

Skripsi, Fakultas Sains dan Teknologi (2019)

(xix + 118 halaman: 38 gambar, 14 tabel, dan 40 lampiran)

Labu kuning (*Cucurbita moschata* Duchesne) dan kurma (*Phoenix dactylifera* L.) merupakan bahan pangan yang mengandung aktivitas antioksidan yang berupa senyawa fenolik, flavonoid, dan karotenoid. Selain itu, kurma juga mengandung serat pangan yang tinggi. Penelitian ini bertujuan untuk memanfaatkan kurma sebagai sumber antioksidan dan serat pangan dengan jenis *stabilizer* gelatin dan *carboxymethyl cellulose* (CMC) dalam pembuatan es krim rendah lemak berbahan dasar labu kuning. Labu kuning dan kurma dimanfaatkan dalam bentuk *puree*. *Puree* labu kuning dibuat dengan ditambahkan air sebanyak 1:1, sedangkan *puree* kurma dibuat dengan perbandingan rasio kurma:air 1:1, 1:2, dan 1:3, kemudian dilakukan analisis terhadap sifat fisikokimia (pH, total padatan terlarut, dan warna), aktivitas antioksidan, total fenolik, total flavonoid, total karotenoid, dan kandungan serat pangan. Perlakuan rasio kurma:air 1:1 dipilih sebagai *puree* kurma terbaik. Es krim dibuat dengan menggunakan jenis *stabilizer* gelatin dan CMC serta rasio *puree* labu kuning:*puree* kurma (1:0 (kontrol), 1:1, 1:2, 1:3, 2:1, dan 3:1). Setiap formulasi dianalisis terhadap sifat fisikokimia (pH, total padatan terlarut, warna, *overrun*, waktu leleh, dan tekstur) dan sifat sensori. Jenis *stabilizer* gelatin dengan rasio *puree* labu kuning:*puree* kurma 1:2 terpilih sebagai es krim dengan formulasi terbaik. Es krim formulasi terbaik memiliki kandungan serat pangan 6,12% dan lemak 3,47%. Es krim formulasi terbaik dapat digolongkan sebagai es krim tinggi serat dan rendah lemak.

Kata Kunci: aktivitas antioksidan, es krim, kurma, labu kuning, serat pangan

Referensi: 95 (1995 – 2018)

ABSTRACT

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UTILIZATION OF DATE PALM (*Phoenix dactylifera* L.) IN THE MAKING OF LOW FAT PUMPKIN (*Cucurbita moschata* Duchesne) ICE CREAM

Thesis, Faculty of Science and Technology (2019)

(xix + 118 pages: 38 figures, 14 tables, and 40 appendices)

Pumpkin (Cucurbita moschata Duchesne) and date palm (Phoenix dactylifera L.) have been known to contain antioxidant activity due to its phenolic, flavonoid, and carotenoid compound. Date palm also has high content of dietary fiber. The aim of this research was to make low fat pumpkin ice cream using different stabilizer and date palm as a source of antioxidant and dietary fiber. In this research, pumpkin puree was made by adding water with 1:1 ratio. Date palm puree was made with several different ratios of water (1:1, 1:2, and 1:3). The best formulation of date palm puree and pumpkin puree were analyzed for its physicochemical characteristics (pH, total soluble solids, and color), antioxidant activity, total phenolic content, total flavonoid content, total carotenoid content, and dietary fiber. Date palm puree with 1:1 ratio was selected as the best puree. Ice cream was made with different stabilizer (gelatin and CMC) and different ratio of pumpkin puree and date palm puree (1:0 (control), 1:1, 1:2, 1:3, 2:1, and 3:1). Each formulation was analyzed for its physicochemical (pH, total soluble solids, color, overrun, melting characteristic, and texture) and sensory characteristic. Ice cream with gelatin as its stabilizer and 1:2 ratio of pumpkin puree and date palm puree was selected as the best ice cream formulation. Ice cream with the best formulation has dietary fiber 6.12% and fat 3.47%. Ice cream with the best formulation could be claimed as high in fiber and low fat ice cream.

Keywords: antioxidant activity, date palm, dietary fiber, ice cream, pumpkin

References: 95 (1995 – 2018)