Abstrak

MUTU HEDONIK DAN KANDUNGAN ANTIOKSIDAN FENOLIK YOGURT SUSU KACANG HIJAU UNTUK OBESITAS BERDASARKAN KADAR BALDANPROPORSI SUSU KACANG HIJAU-SKIM

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Latar Belakang: Aktivitas antioksidan fenolik diketahui memiliki potensi untuk mencegah terjadinya penumpukan lemak. Kacang hijau diketahui mengadung antoksidan fenolik. Fermentasi BAL mampu meningkatkan kandungan fenolik. Penelitian ini bertujuan untuk mengetahui pengaruh kadar BAL dan proporsi susu kacang hijau (sukai)-skim terhadap kadar total fenolik dan sifat mutu hedonik yogurt susu kacang hijau.

Metodologi: Penelitian eksperimental ini menggunakan Rancangan Acak Kelompok (RAK). Faktor yang diuji terdiri dari dua faktor yaitu kadar BAL (B) dan proporsi sukai-skim (P). Sampel penelitian terdiri dari 24 unit percobaan. Data total fenolik dianalisis statistik menggunakan Anova dilanjutkan dengan Duncan's Multiple Range Test (DMRT) danuji mutu hedonic menggunakan Uji Friedman.Bila terdapat pengaruh yang nyata dilakukan Uji Banding Ganda pada taraf 5%

Hasil Penelitian: Terdapat pengaruh($p<0,05$) interaksi proporsi sukai-skim dan kadar BAL terhadap mutu rasa, mutu aroma, mutu kekentalan, mutu warna dan mutu kesukaan. Tidak terdapat pengaruh nyata kadar BAL (B) terhadap total fenolik ($p<0,05$). Terdapat pengaruh nyata proporsi sukai-skim (P) terhadap total fenolik. Produk terbaik yaitu formula dengan proporsi sukai-skim sebesar 85% : 15% dan kadar BAL 4%.

Kesimpulan: Proporsi sukai-skim dan kadar BAL berpengaruh nyata terhadap mutu hedonik yogurt susu kacang hijau. Produk terpilih yaitu proporsi sukai-skim sebesar 85%:15% dan kadar BAL 4% yang mengandung total fenolik sebesar 117 mg/L.

Kata kunci: Yogurt, Kacang hijau, Fenolik, Mutu hedonik, Obesitas

Abstract

HEDONIC QUALITY AND PHENOLIC ANTIOXIDANT CONTENT OF YOGURT DAIRY GREEN BEAN MILK FOR OBESITY BASED ON BALANDPROPORTION OF GREEN BEAN MILK-SKIM

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Background: Phenolic antioxidant activity is known to have the potential to prevent the accumulation of fat. Mung beans are known to contain phenolic antioxidants. BAL fermentation can increase phenolic content. This study aims to determine the effect of BAL levels and the proportions of mung bean milk-skim on total phenolic and hedonic quality properties of mung bean milk yogurt**.**

Methods: This experimental study used a Randomized Group Design (RCBD). The factors tested consisted of two factors, BAL level (B) and the proportion of sukai-skim (P) and. The research sample consisted of 24 experimental units. The total phenolic data were analyzed statistically using ANOVA followed by Duncan's Multiple Range Test (DMRT) and the hedonic quality test using the *Friedman Test* followed by a Double Comparison Test with a level of 5%

Results: There was an influence ($p < 0.05$) of the interaction of the proportion of skim-like and BAL content on taste quality, aroma quality, viscosity quality, color quality and liking quality. There was no significant effect of BAL (B) levels on total phenolic ($p < 0.05$). There is a significant influence on the proportion of sukai-skim (P) to total phenolic. The best products are formulas with a sukai-skim proportion by 85%: 15% and BAL 4%.

Conclusion: The proportion of sukai-skim and BAL content significantly affected the hedonic quality of green bean milk yogurt. The selected products are the proportion of sukai-skim 15% and BAL 4% containing total phenolic of 117 mg / L.

Keywords: Yogurt, Mung Beans, Phenolic, Hedonic Quality, Obesity