

ABSTRAK

PENGARUH PENAMBAHAN KUNYIT DAN KENCUR TERHADAP SENSORI HEDONIK, KADAR VITAMIN C, DAN TOTAL FLAVONOID YOGURT KECAMBAH EDAMAME (*Yo-Camkure*): MINUMAN FUNGSIONAL PENDERITA DISLIPIDEMIA

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Latar Belakang: Gangguan metabolisme lipid pada penderita dislipidemia memicu produksi *reactive oxygen species* (ROS), menyebabkan terjadinya stres oksidatif, sehingga perlu konsumsi pangan yang tinggi antioksidan. Penelitian ini bertujuan untuk mengetahui pengaruh proporsi susu kecambah edamame (*Sudame*) dan susu skim, sari kunyit *plus* kencur (*Kure*), serta kadar BAL terhadap kadar total flavonoid, vitamin C, sensori hedonik, formula terbaik, dan *serving size* *Yo-Camkure*.

Metodologi: Penelitian ini menggunakan Rancangan Acak Kelompok (RAK) faktorial dengan 3 faktor, yaitu proporsi *Sudame* dan skim (90:10, 80:20, 70:30), sari *Kure* (5%, 10%), kadar BAL (0,3%, 0,5%). Produk *Yo-Camkure* akan dianalisis kadar total flavonoid (kolorimetri), vitamin C (titrasi idimetri), dan sensori hedonik (skoring).

Hasil Penelitian: Proporsi *Sudame* dan susu skim berpengaruh terhadap total flavonoid ($p=0,009$), vitamin C ($p=0,040$), dan sensori hedonik (warna ($p=0,000$), rasa ($p=0,001$), aroma ($p=0,000$), kekentalan ($p=0,000$), dan keseluruhan ($p=0,000$)). Penambahan sari *Kure* menaikkan kadar total flavonoid ($p=0,037$), tetapi menurunkan kadar vitamin C ($p=0,034$). Kadar BAL berpengaruh terhadap total flavonoid ($p=0,001$), vitamin C ($p=0,049$), dan sensori hedonik (warna ($p=0,000$), rasa ($p=0,047$), aroma ($p=0,000$), kekentalan ($p=0,000$), dan keseluruhan ($p=0,000$)). Formula terbaik *Yo-Camkure* terbuat dari *Sudame* 70%, skim 30%, sari *Kure* 5%, dan BAL 0,5% dengan kandungan total flavonoid sebesar 882,94 mgQE/100 g, vitamin C 57,84 mg/100 g, dan probiotik $2,23 \times 10^9$ CFU/mL.

Kesimpulan: *Yo-Camkure* dapat digunakan sebagai alternatif minuman fungsional bagi penderita dislipidemia dengan *serving size* sebesar 42,59 mL.

Kata Kunci: Yogurt kecambah edamame, kunyit, kencur, total flavonoid, vitamin C, sensori hedonik.

ABSTRACT

PENGARUH PENAMBAHAN KUNYIT DAN KENCUR TERHADAP SENSORI HEDONIK, KADAR VITAMIN C, DAN TOTAL FLAVONOID YOGURT KECAMBAH EDAMAME (*Yo-Camkure*): MINUMAN FUNGSIONAL PENDERITA DISLIPIDEMIA

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Background: Lipid metabolism disorders in patients with dyslipidemia trigger the production of reactive oxygen species (ROS), causing oxidative stress, thus requiring the consumption of foods high in antioxidants. This study aims to determine the effect of the proportion of edamame sprout milk (*Sudame*) and skim milk, (*Kure*) kunyit *plus* kencur juice, and BAL content on total flavonoid content, vitamin C, hedonic sensory properties, the best formula, and serving size of *Yo-Camkure*.

Methods: This study used a factorial randomized block design (RAK) with three factors, namely the proportion of *Sudame* and skim (90:10, 80:20, 70:30), *Kure* juice (5%, 10%), and BAL content (0.3%, 0.5%). The *Yo-Camkure* product will be analyzed for total flavonoid content (colorimetry), vitamin C (idiometric titration), and hedonic sensory (scoring).

Results: The proportions of *Sudame* and skim milk affect total flavonoids ($p=0.009$), vitamin C ($p=0.040$), and hedonic sensory properties (color ($p=0.000$), taste ($p=0.001$), aroma ($p=0.000$), viscosity ($p=0.000$), and overall ($p=0.000$)). The addition of *Kure* juice increases total flavonoid content ($p=0.037$) but decreases vitamin C content ($p=0.034$). The BAL content affects total flavonoids ($p=0.001$), vitamin C ($p=0.049$), and sensory hedonic properties (color ($p=0.000$), taste ($p=0.047$), smell ($p=0.000$), viscosity ($p=0.000$), and overall ($p=0.000$)). The best *Yo-Camkure* formula consists of 70% *Sudame*, 30% skim milk, 5% *Kure* extract, and 0.5% BAL, with a total flavonoid content of 882.94 mgQE/100 g, vitamin C 57.84 mg/100 g, and probiotics $2,23 \times 10^9$ CFU/mL.

Conclusion: *Yo-Camkure* can be used as an alternative functional drink for people with dyslipidemia, with a serving size of 42.59 mL.

Keywords: Edamame sprout yogurt, turmeric, galangal, total flavonoids, vitamin C, hedonic sensory.