

Study of Making Sidoarjo Mud Cake from Red Dragon Fruit Peel Flour as a Snack Source of Antioxidants

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ABSTRACT

*In this globalization era, many kinds of diseases are mostly caused by free radicals and consumption of unbalanced nutritional needs, this is the main cause of degenerative diseases. This study aims to examine the manufacture of mud cakes substituted with red dragon fruit peel flour (*Hylocereus polyrhizus*) as a source of antioxidants. In this study using a completely randomized design with 5 treatment formulations of red dragon fruit peel flour : wheat flour is 5%:95%, 10%:90%, 15%:85%, 20%:80%, 25%:75% with 5 repetitions. The best treatment in this study was P1 (5% red dragon fruit peel flour : 95% wheat flour) with 9,8% antioxidant activity. Based on the results of the study, the results of antioxidant activity between 9,8-19,4%. The serving size for one portion of mud cake is two pieces which weight are about 150g with a nutritional value is 241kcal of energy.*

Keywords : *red dragon fruit peel flour, mud cake, antioxidant activity, serving size.*