

Pembuatan Es Krim Kulit Buah Naga Dan Sirsak sebagai Alternatif Makanan Selingan yang Mengandung Antioksidan. *The Making Of Dragon Fruit Skin and Soursop Ice Cream as an Alternative Snack that Contains Antioxidants*

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ABSTRACT

Free radicals are the root main cause of various pathological conditions. Antioxidants are needed to protect the body from free radical attacks. Consumption of functional food products high in antioxidants can be a choice alternative. This study examines the manufacture of dragon fruit skin and soursop ice cream as an alternative snack that contains antioxidants. The experimental design used was a completely randomized design (CRD). This study used the basic ingredients of dragon fruit skin and soursop with 6 treatments and 4 replications with the formulations that are 2:3, 9:11, 1:1, 11:9, 3:2 and 13:7. The results showed that the highest antioxidant activity was 27.43%, namely P6 treatment, while the lowest antioxidant activity was 19.91%, namely P1 treatment. There was a significant difference (sig 0.05) in antioxidant activity and organoleptic test of dragon fruit skin and soursop ice cream. The best treatment from this study was P4 treatment (11 dragon fruit skin and 9 soursop) Provision of the interlude of dragon fruit skin and soursop ice cream per meal based on the AKG for energy needs of 2150 kcal, which is 90 grams of ice cream (1 cup).

Keywords: Antioxidant Activity, Dragon Fruit Skin, Ice Cream, Soursop