

**Kajian Pembuatan Sorbet Jambu Biji Dan Bunga Rosella Sebagai Makanan
Selingan Mengandung Antioksidan**

*(Study On The Manufacture Of Sorbet Of Guava And Rosella Flowers As Foods
Containing Antioxidants)*

Kuntum Nur Afyah

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Antioxidants are inhibitors that function to prevent auto-oxidation. There are many foods that can be sources of natural antioxidants, such as spices, tea, chocolate, cereal grains, vegetables and fruits. Various plants that act as exogenous antioxidants, including rosella calyx and guava fruit. One of the food products favored by the public is sorbet, which is made using guava and rosella flowers. This study aims to examine the manufacture of guava sorbet and rosella flowers on the nutritional content and acceptability of sorbet as a snack containing antioxidants. The experimental design used was a completely randomized design (CRD) with 5 treatments and 5 repetitions, namely P1 (9 guava pulp : 1 rosella flower pulp), P2 (8 guava pulp : 2 rosella flower pulp), P3 (7 guava pulp : 3 rosella flower pulp), P4 (6 guava pulp: 4 rosella flower pulp), and P5 (5 guava pulp : 5 rosella flower pulp). The analysis used was antioxidant, organoleptic and proximate activity in the best treatment. The results showed that the more the percentage of rosella flowers, the higher the antioxidant activity. The organoleptic results of sorbet in the best treatment produced pink/like color, sweet/like taste, strong aroma of guava/like flavor, and soft/like texture. Giving sorbet in one time the recommended consumption is 100 grams 1 cup with an energy content of 280 kcal, 3 grams protein, 6 grams fat, 52 grams carbohydrates.

Keywords: Antioxidants, rosella flower, guava, sorbet.