Red Dragon Fruit and Red Rose Flowers Jelly Candy as Fuctional Foods Source of Antioxidants

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ABSTRACT

Antioxidants are compounds or chemical components that act to inhibit the effects of the oxidation process. Antioxidants can be obtained from fruits and vegetables. Antioxidants are found in many foodstuffs, one example is red dragon fruit and red roses. This study aims to examine the composition of the best jelly candy mix as a functional food that is rich of antioxidants. The research design used was a completely randomized design (CRD) with 6 treatment formulations and 4 repetitions: P1 (80% red dragon fruit + 20% red roses), P2 (70% red dragon fruit + 30% red roses) , P3 (60% red dragon fruit + 40% red roses), P4 (50% red dragon fruit + 50% red roses), P5 (40% red dragon fruit + 60% red roses) and P6 (30% red dragon fruit + 70% red roses). The analysis used was antioxidant activity, organoleptic test results (hedonic test and hedonic quality test), the best treatment results using the ranking method, elasticity texture test and nutritional content in the form of energy, protein, fat, carbohydrates, moisture content, ash content from the best treatment. The organoleptic results in the best treatment resulted in having a bright/liking color, a distinctive rose/like aroma, a chewy/like texture and a slightly/a bit like taste. One recommended serving size of jelly candy is 50 grams, which contains 159,26 kcal of energy, 4 grams of protein, 1 gram of fat, and 34 grams of carbohydrates.

Keywords *: Activity antioxidant, red rose flower, red dragon fruit, jelly candy*