

***Manufacture of Red Dragon Fruit Powder Instant Drink With Variation Of  
Drying Temperature And Concentration Of Maltodextrin As A Source Of  
Antioxidants***

***Ditya Eryanti***  
*Clinical Nutrition Study Program*  
*Health Departement*

**ABSTRACT**

*Functional food is food that has certain health benefits for the body in addition to the nutrients it contains, which have physiological functions such as regulating body resistance, counteracting free radicals, preventing aging, and preventing food-related diseases. One form of functional food is in liquid form. or drinks. This study aims to analyze the quality properties of instant powder drinks with variations in drying temperature and concentration of maltodextrin as a source of antioxidants. The research design used was a randomized block design (RBD) with 2 factors, each factor having 3 levels, namely drying temperature: 50°C, 55°C, 60°C and maltodextrin concentration: 20%, 30%, 40% repetition 3 times. The results showed that there was no interaction between the two factors, namely drying temperature and maltodextrin concentration, but if the two factors were separated, it would affect the antioxidant activity. At 60°C temperature treatment with 30% maltodextrin concentration was the best treatment with 63.33% antioxidant activity, TPT 2.6°Brix, 10.98% water content, 2.90% water content, 2% energy, 3 protein %, 4% fat, 9% carbohydrates. red dragon fruit powder instant drink 1 pack weighing 10 grams dissolved in 250 ml water. The nutritional value of powdered instant drinks in each study is; 36 kcal of energy, 2 grams of protein, 3 grams of fat and 31 grams of carbohydrates.*

***Keywords:*** *Antioxidant Activity, Instant Powder Drink, Red Dragon Fruit, Drying Temperature, Maltodextrin.*