

Formulation of Ambon Banana Peel and Purple Sweet Potato Pudding as Containing Potassium Snack

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ABSTRACT

The modern lifestyle changes in society are one of the factors contributing to the increasing incidence of hypertension in Indonesia. Hypertension is a condition characterized by systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. The risk of hypertension has been continuously rising sharply, and it is predicted that by 2025, approximately 1.5 billion people will be living with hypertension. Hypertension management can be approached through pharmacological and non-pharmacological methods. Potassium is a chemical substance that plays a role in maintaining the normal function of muscles, the heart, and the nervous system. The purpose of this study was to examine the formulation of Ambon banana peel and purple sweet potato pudding as containing potassium snack. The experimental design used was a Completely Randomized Design. The formulation determination in this study was done by comparing Ambon banana peel and purple sweet potato ratios of 30:70, 40:60, 50:50, 60:40, 70:30, and 80:20, with each treatment repeated four times. The analyses conducted on the pudding products included syneresis level, organoleptic characteristics, potassium content, nutritional composition, nutritional value information, and serving portion. The results showed that the potassium content did not differ significantly ($P > 0.05$). The best treatment was 40% Ambon banana peel and 60% purple sweet potato, with characteristics of potassium content at 113 mg, syneresis at 3.25%, very purple color, sweet taste, weak characteristic aroma of Ambon banana peel, and soft texture.

Keywords : *Potassium, Ambon Banana Peel, Pudding, Purple Sweet Potato*