

THE USE OF FAT REPLACER IN ALMOND MILK AND DRAGON FRUIT JUICE GELATO AS A LOW-FAT INTERLUDE

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ABSTRACT

Fat replacer as a fat substitute in gelato making is an innovative food product that can be used for low-fat snacks, but does not change the function of fat. Fat replacers used are derived from carbohydrates (tapioca flour) and protein (gelatin). This research is an experimental laboratory study with a Completely Group Design (CRD) design with 6 treatments and 4 repetitions. The results showed that gelato had a significant effect ($p < 0.05$) on fat content, melting speed, hedonic test (texture), and hedonic quality (texture). However, there was no significant effect ($p > 0.05$) on overrun test, hedonic test and hedonic quality test (taste, aroma, and colour). The best treatment was P4 (43% gelatin: 57% tapioca flour). The nutritional content of almond and dragon fruit gelato juice in one consumption or 1 cup (90 grams), namely energy 120 kcal, protein 4 grams, fat 1 gram, and carbohydrates 23 grams.

Keywords: *Gelato, Fat replacer, Gelatin, Tapioca starch, Fat*