Study on Making Gelato with Green Spinach Juice Substitution as an Interlude for Adolescent Girls with Anemia

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ABSTRACT

Anemia is one of the main problems that occur in Indonesia. There is a way to meet iron intake, namely by providing foods that contain iron sources. One of the foodstuffs that contains iron is green spinach. This study aims to examine the making of green spinach juice substitution gelato as an interlude of iron sources. The research design used was a Complete Randomized Design (RAL) with 5 treatments and 5 replicates, namely P1 (green spinach juice and 9 fresh milk), P2 (10% green spinach juice and 90% fresh milk), P3 (15% green spinach juice and 85% fresh milk), P4 (20% green spinach juice and 80% fresh milk), and P5 (25% green spinach juice and 74% fresh milk). The results showed that the highest iron content was 2.13mg/100gr, which was P5 treatment, while iron content was 0.38, which was P1 treatment. The results of the overrun test did not get significant results, namely 9.03%-10.17%. The best treatment in this study was in treatment 5 (25% green spinach juice and 75% fresh milk). The serving size in one consumption is 100 grams or 1 cup of gelato with an energy content of 188 kcal, protein 4 grams, fat 5 grams, carbohydrates 31 grams.

Keywords: Anemia, green spinach, gelato, iron