

Making Red Rose Jelly Pudding and Red Guava as Antioxidant Snacks

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ABSTRACT

Antioxidants are natural substances or compounds that have the ability to protect body cells from damage and aging caused by reactive molecules known as free radicals. Consumption of foods rich in antioxidants can help prevent and overcome degenerative diseases. Red rose plants and red guava fruits are plants and fruits that can be used as foods containing antioxidants. This study aims to examine the manufacture of jelly pudding as an interlude food containing antioxidants. The research design carried out was a Complete Random Design (RAL) with 6 formulations and 4 repetitions, namely P1 (60% red rose juice + 40% red guava juice), P2 (50% red rose juice + 50% red guava juice), P3 (40% red rose juice + 60% red guava juice), P4 (30% red rose juice + 70% red guava juice), P5 (20% red rose juice + 80% red guava juice), and P6 (10% red rose juice + 90% red guava juice). The analysis used was antioxidant activity, organoleptic test results, best treatment, IC50, nutritional composition and comparison with commercial products. The results show that the higher the percentage of red guava fruits, the higher the antioxidant activity. The best treatment (P4) has an antioxidant content of 80.45%, the IC50 value of 81.70 $\mu\text{gr/gr}$ is included in the strong category, pink in color, the typical aroma of roses is absent, the typical aroma of guava is strong, the taste is very sweet and the texture is very soft.

Keywords : Antioxidant Activity, Red rose, Red guava fruit, Jelly pudding