

**Pancake Making Fruit Skin Flour Substitution
Red Dragon (*Hylocereus Polyrhizus*) As Food
Interlude Sources Of Antioxidants And Fiber
For Diabetes Mellitus Type 2 Sufferers**

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ABSTRACT

Diabetes mellitus (DM) can be interpreted as a collection of symptoms that arise in the human body due to metabolic disorders caused by the production of elevated glucose levels (hyperglycemia). Requires quite a long time and gradually like consuming foods high in antioxidants and food fiber to overcome it. Red dragon fruit skin pancake flour is one of the foods high in antioxidants and fiber for DM sufferers. This study aims to examine the characteristics of red dragon fruit flour pancakes as a snack high in antioxidants and fiber for people with DM. The experimental design used was a Randomized Group Design (RGD). This study uses the basic ingredients of flour and red dragon fruit peel flour with 6 treatments 4 replications with formulations 100% + 0%, 90% + 10%, 80% + 20%, 70% + 30%, 60% + 40% and 50% + 50%. The results showed that the higher the proportion of red dragon fruit peel flour, the higher anthocyanin levels and dietary fiber content. There is a significant difference ($\text{sig} \leq 0.05$) on the content of anthocyanin, dietary fiber and organoleptic test of red dragon fruit skin flour pancakes. The best treatment of this study was P6 (50% white flour + 50% red dragon fruit skin flour) with anthocyanin content of 203.69 mg / 100g, food fiber 3.72 g / 100g, antioxidants activity 29,45%, the color tends to red, the distinctive aroma of red dragon fruit skin, sweet taste and soft texture. Nutritional composition of pancake flour in red dragon fruit with energi 300.75 kcal, protein 15.92 grams, fat 11.23 grams, and carbohydrates 34 grams. The serving dose of red dragon fruit rind pancakes for patients with DM 4 pieces (± 142 grams), in one day with 2 meals (2 pieces / meal).

Keyword: Diabetes Mellitus, Antioxidant, Anthocyanin, Food Fiber, Pancake