

Pembuatan Bakso Pare (*Momordica Charantia*) Sebagai Makanan Selingan Tinggi Flavonoid Bagi Penderita Diabetes Melitus (*Making Pare Meatballs (Momordica Charantia) As Interlude High Flavonoid Food For Diabetics Mellitus*)

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ABSTRACT

Diabetics mellitus need interlude food for fulfil treir nutrition and control blood sugar. One of societies fovourite food is meatballs which will substance flour with Pare and meat. because pare having high flavonoid content expected to be interlude food that can fulfil a nutrition requirements for diabetics mellitus. Research aims review the nutrients especially flavonoid in meatballs substitution pare as interlude food for diabetics mellitus. The experiments design used is a random complete (ral) The determination of formulation in this research by doing the substitution of pare and meat namely a1 = 50 %: 50 %; a2 = 55 %: 45 %; a3 = 60 %: 40 % , a4 = 65 %: 35 %; a5 = 70 %: 30 %; a6 = 75 %: 25 % and in every repeated treatment as much as 4 times. The significant result showed that increasing substitution could increase Flavonoids in Pare meatballs. The Organoleptic result has real influence towards texture, color, taste and aroma of meatballs. The best treatment is found in A2 with formulation substitution of pare 55% because it has Flavonoid nutrient and organoleptic test which surpass the defined goal.

Keyword: Meatballs, Pare