

Study of making red guajava marshmallow as a side dish for the preventions of degenerative diseases

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ABSTRACT

Based on the results of Health Research (2018) in Indonesia, the incidence of degenerative diseases is increasing, namely the prevalence of stroke from 7% to 10.9%, diabetes mellitus from 6.9% to 1.5%, hypertension from 25.8% to 34.1 %, and cancer increased from 1.4% to 1.8%. This study aims to examine the manufacture of marshmallows with the addition of red guava as an alternative source of antioxidants. The design used was Completely Randomized Design (CRD) with 6 formulations, namely 10%:100%, 20%: 90%, 30%:80%, 40%:70%, 50%:60%, and 60%:50%. with 4 repetitions. Based on the results of the study, the antioxidant levels in red guava marshmallow products in treatment P1 with a proportion of 10% guava :100% granulated sugar of 56.58 ppm while the highest physical test of elasticity was in treatment P2 with a proportion of 20% guava and 90 % sugar is 506.6 N. Marshmallow with a proportion of 10% guava :100% granulated sugar produces the best marshmallow product from organoleptic test results with the largest percentage value of taste 46% (ordinary), taste 50% (like), aroma 67 % (regular), and texture 58% (like). The results of the chemical test of marshmallows with the best treatment had 2.17 grams of protein, 0.92 grams of fat, 27.22 grams of carbohydrates, 56.58 ppm antioxidants, 68.08% water content, and 1.37% ash content per 100 grams. ingredients. For one consumption, it is recommended to consume 175 grams of marshmallows with an energy content of 220.22 kcal, 3.80 grams of protein, 1.61 grams of fat, 47.64 grams of carbohydrates, and an antioxidant content of 99.01 ppm.

Keywords: Marshmallow, Antioxidant, Red Guava, Degenerative Disease, Snack