

V. KESIMPULAN DAN SARAN

A. Kesimpulan

Berdasarkan hasil penelitian dan pembahasan tersebut di atas dapat diambil kesimpulan sebagai berikut:

1. Kesimpulan umum

Perlakuan suhu perendaman gabah 60, 65 dan 70 °C dan konsentrasi penambahan ekstrak kayu manis 5, 10 dan 15% mampu menghasilkan beras pratanak yang memiliki indeks glikemik rendah dan disukai panelis.

2. Kesimpulan khusus

- a. Suhu perendaman gabah dan konsentrasi penambahan ekstrak kayu manis mempengaruhi kadar pati tahan cerna, indeks glikemik, kadar fortifikan dan tingkat kesukaan panelis beras pratanak terfortifikasi kromium dan magnesium.
- b. Beras pratanak yang disukai panelis dengan nilai 2,30 dan memiliki IG rendah (30,62) ialah hasil dari perlakuan suhu perendaman 65 °C dan konsentrasi penambahan ekstrak kayu manis sebesar 10%, yang juga memiliki kadar pati tahan cerna, Cr dan Mg secara berturut-turut 13,82%, 47 µg/kg dan 437 mg/kg.

B. Saran

Variasi suhu perendaman gabah dan konsentrasi penambahan ekstrak kayu manis mampu menghasilkan nasi dengan kadar pati tahan cerna tinggi dan indeks glikemik rendah, namun belum cukup baik untuk penetrasi magnesium dan kromium, sehingga perlu adanya pengkajian terhadap formulasi penambahan magnesium dan kromium dalam proses pembuatan beras pratanak terfortifikasi.

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