

# **PENGARUH PENAMBAHAN EKSTRAK JAHE TERHADAP KADAR SERAT KASAR DAN FENOLIK TOTAL MINUMAN INSTAN KUNIR PUTIH**

## **INTISARI**

Indonesia memiliki sumber kekayaan alam yang berlimpah, termasuk jenis tanaman rimpang-rimpangan. Kunir putih (*Curcuma mangga* Val.) dan Jahe (*Zingiber officinale* Rosc.) bisa diolah menjadi minuman fungsional yang bermanfaat bagi kesehatan. Penelitian ini bertujuan untuk mengetahui pengaruh penambahan ekstrak jahe terhadap kadar serat kasar dan fenolik total minuman instan kunir putih yang dihasilkan.

Penelitian ini menggunakan bahan dasar kunir putih masing-masing 1000 ml dengan variasi penambahan ekstrak jahe (150 ml, 200 ml, 250 ml, 300 ml dan 350 ml) pada pembuatan minuman instan kunir putih. Minuman instan yang dihasilkan dilakukan analisis kadar serat kasar dan fenol total. Rancangan percobaan yang digunakan adalah Rancangan Acak Lengkap (RAL). Data yang diperoleh dianalisis secara statistik dengan analisis variansi dan apabila berpengaruh nyata dilanjutkan Uji *Duncan 's Multiple Range Test* (DMRT).

Hasil penelitian menunjukkan bahwa variasi penambahan ekstrak jahe berpengaruh nyata terhadap fenolik total, semakin banyak penambahan ekstrak jahe fenol total semakin meningkat, namun pada kadar serat kasar tidak berpengaruh nyata. Minuman instan kunir putih yang memiliki fenol total tertinggi yaitu penambahan ekstrak jahe 350 ml sebesar 50, 20 mg/100 g.

**Kata kunci:** Minuman instan kunir putih, jahe, fenolik total, serat kasar

## **THE EFFECT OF GINGER EXTRACT ADDITION ON CRUDE FIBER AND TOTAL PHENOLIC OF WHITE SAFFRON INSTANT**

### **ABSTRACT**

Indonesia has abundant natural resources, including rhizome species. White saffron (*Curcuma mangga* Val.) and Ginger (*Zingiber officinale* Rosc.) can be processed a functional drink that is beneficial to health. This research aim to determine the effect of adding ginger extract crude fiber and total phenolic white saffron instant drink be produced.

This research uses raw material white saffron of 1000 ml respectively with variation of addition ginger extract (150 ml, 200 ml, 250 ml, 300 ml, and 350 ml) on making white saffron instant drink. Instant drink produced were analyzed of crude fiber and total phenolic. The randomized design used completely randomized design. The result were analyzed statistically by analysis of variant and if there was significant difference in each treatment continued by Duncan Multiple Range Test (DMRT).

The result showed that variation of ginger extract the real effect on total phenolic, more the addition ginger extract then total phenolic is increasing, but the crude fiber has not significant effect. white saffron instant drink which has the highest total phenolic which is 50, 20 mg / 100 g of addition ginger extract 350 ml.

**Keywords:** white saffron instant drink, ginger, total phenolic, crude fiber