

**PENGARUH KONSENTRASI SUSU SKIM DAN SUKRALOSA
TERHADAP SIFAT KIMIA BUBUR BERAS INSTAN YANG
DIPERKAYA TEPUNG PANDAN (*Pandanus amaryllifolius* Roxb.)**

INTISARI

Alternatif pengolahan beras sebagai makanan instan bagi penderita diabetes mellitus yaitu bubur beras instan yang diperkaya tepung pandan (BBTP) berindeks glikemik rendah. Namun, kurang disukai dan belum memenuhi standar mutu bubur beras instan. Perlu penambahan sumber protein dan rasa manis sehingga diharapkan dapat diterima konsumen. Penelitian ini bertujuan mengetahui pengaruh konsentrasi susu skim dan sukralosa terhadap sifat kimia bubur beras instan yang diperkaya tepung pandan.

Penelitian dilakukan dalam dua tahap yaitu pembuatan tepung pandan dan pembuatan bubur beras instan. Tepung pandan dibuat dengan cara pengeringan dengan suhu 40°C, penghancuran dan pengayakan. Pembuatan bubur beras instan dilakukan dengan perendaman, pemasakan, pemanasan HMT dengan oven, pengukusan dengan autoklaf, pembekuan dalam *freezer*, penghancuran dengan *food processor* dan pengeringan menggunakan *drum dryer*. Rancangan percobaan yang digunakan adalah rancangan acak kelompok pola faktorial dua faktor yaitu penambahan susu skim (5,7, dan 9%) dan sukralosa (0,18;0,20; dan 0,22g/100g). Data yang diperoleh dihitung statistik dengan analisis *univariate*, apabila beda nyata dilanjut DMRT. Produk BBTP dianalisis kadar air, pati, gula total, gula reduksi, total fenol, dan flavonoid.

Hasil penelitian menunjukkan semakin tinggi konsentrasi susu skim dan sukralosa meningkatkan kadar air, gula total, gula reduksi, total fenol dan flavonoid namun menurunkan kadar pati dalam produk BBTP. Konsentrasi susu skim 9% dan sukralosa 0,20g/100g merupakan BBTP yang disukai dengan komposisi kimianya telah mendekati SNI MP-ASI Bubuk Instan nomor 01-7111.1-2005 dengan karakteristik kadar air 8,37% bb; abu 1,66% bb; protein 9,60% bb; lemak 2,75% bb; karbohidrat *by difference* 76,44% bk; gula total 13,66% bk; gula reduksi 4,36% bk; total fenol 7,32mg GAE/g bk; dan flavonoid 0,48mg EK/g bk.

Kata kunci : bubur beras instan, tepung pandan, fenol, flavonoid.

**EFFECTS OF SKIM MILK AND SUCRALOSE CONCENTRATION ON
CHEMICAL PROPERTIES OF INSTANT RICE PORRIDGE FORTIFIED
WITH PANDAN LEAVES POWDER (*Pandanus amaryllifolius* Roxb.)**

ABSTRACT

Alternative rice processing as a functional food for people with diabetes mellitus is instant rice porridge fortified pandan leaves powder (BBTP) low glycemic index. However, it is not acceptable and does not satisfy the quality standards of instant rice porridge. Therefore it is necessary to add a source of protein and sweet taste so that is accepted by consumers. This study aims to determine the effect of concentration of skim milk and sucralose on the chemical properties of BBTP.

The research was conducted in two stages: making pandan leaves powder and making instant rice porridge. Pandan leaves powder is made by drying with temperature 40°C, milling and sieving. The making of instant rice porridge is done by soaking, cooking, heating moisture treatment with oven, autoclaving, freezing, food processor milling and drying using drum dryer. The experimental is design of randomized two-factor factorial design was added skim milk (5,7, and 9%) and sucralose (0,18; 0,20; and 0,22g/100g). The data obtained were calculated statistically by univariate analysis, if significant difference was continued with DMRT. The product BBTP are analyzed moisture, starch, total sugar, reducing sugar, total phenol, and flavonoid content.

The results showed that higher concentrations of skim milk and sucralose increase water content, total sugar, reducing sugar, total phenol and flavonoids but decrease starch content in products. Products made with 9% skim milk and 0,20g/100g sucralose concentration are preferred with its chemical composition has approached SNI MP-ASI Instant Powder No. 01-7111.1-2005 i.e. water content 8.37% wb; ash 1.66% wb; protein 9.60% wb; fat 2.75% wb; karbohidrat by difference 76,44% db; total sugar 13.66% db; 4.36% db reduction sugar; total phenol 7,32mg GAE/g db; and flavonoids 0,48mg EK/g db.

Keywords: instant rice porridge, pandan leaves powder, phenol, flavonoid.