Glycemic Index of Instant Rice Porridge Fortified with Pandan Powder (*Pandanus amaryllifolus* Roxb)

Abstract

One of the developing functional food product for diabetics is instant rice porridge enriched with pandanus flour. Addition of pandanus flour is expected to obtain low glycemic indexed products. Pandanus flour (*Pandanus amarylifolius* Roxb) contained alkaloids, flavonoids, saponins, tannins, and polyphenols have hypoglycemic activity. The purpose of this study was to determine the instant glycemic index of instant rice porridge made with the addition of pandanus.. The research was separated in two phases composed of PLP fabrication and glycemic index assessment of the IRP. Completely randomized design, during which the addition of 2%-pandan-leave powder into IRP and control were tested. T-test with 95% degree of confidence was then used to analyze all observed data. The results show that the augmentation of PLP has significantly influenced the chemical attributes of IRP (water content, total sugar and phenol, reducing sugar, flavonoids degree) as well as its glycemic index. Therefore, it is concluded that the fortified IRP is the best in term of chemical and glycemi index characteristics since it both contains 8,34% ± 0,26% water, 6,98 ± 0,3 mg GAE/g dw phenol, 0,54 ± 0,00 mg EK/g dw flavonoid, 70,33 ± 0,27% starch, 14,16 ± 0,86 total sugar, 4,01 ±5,70 reducing sugar and has 38,75 glycemic index

keywords : glycemic index, instant rice porridge, pandan leaves powder