INTISARI

Alpukat merupakan buah yang bergizi, mengandung protein, mineral Ca, Fe, vitamin A, B, C, dan 3-30% minyak yang bersifat baik. Oleh karena itu daging buah alpukat dapat menjadi bahan alternatif sebagai bahan pembuatan es krim. Penelitian ini bertujuan untuk mengetahui penambahan buah alpukat dan karagenan terhadap aktivitas antioksidan dan tingkat kesukaan es krim.

Penelitian dilakukan dengan membuat es krim yang ditambah *puree* alpukat sebanyak 20%, 30%, 40% (v/v) dan karagenan 0,1%, 0,2%, 0,3% (b/b). Es krim yang dihasilkan diuji zat padat terlarut, aktivitas antioksidan, *overrun* , dan tingkat kesukaan. Data yang diperoleh dilakukan uji statistik dengan Rancangan Acak Kelompok Lengkap dan dilakukan analisa varian ANOVA (*Analysis Of Variance*), apabila hasil uji ada perbedaan nyata antar perlakuan dilanjutkan dengan uji beda nyata DMRT (*Duncan's Multiple Range Test*) pada tingkat kepercayaan 95%.

Hasil penelitian menunjukkan bahwa penambahan *puree* alpukat dan penambahan karagenan mempengaruhi zat padat terlarut, aktivitas antioksidan, *overrun* dan tingkat kesukaan es krim alpukat. Es krim alpukat dengan penambahan *puree* alpukat 40% dan penambahan karagenan 2% disukai panelis, yang mempunyai kriteria zat padat terlarut 31,11 %; aktivitas antioksidan 25,70 % RSA; dan *overrun* 43,81 %.

Kata kunci: Es krim alpukat, karagenan, aktivitas antioksidan

ANTIOXIDANT ACTIVITY AND PREFERENCE LEVEL OF AVOCADO (*Persea americana*) ICE CREAM

ABSTRACT

Avocados are nutritious fruit, containing protein, minerals Ca, Fe, vitamins A, B, C, and 3-30% oil which is good. Therefore avocado meat can be an alternative ingredient as an ingredient in making ice cream. This study aims to determine the addition of avocados and carrageenan to antioxidant activity and ice cream preference level.

The study was conducted by making ice cream with avocado puree as much as 20%, 30%, 40% (v / v) and carrageenan 0.1%, 0.2%, 0.3% (w / w). The resulting ice cream was tested for dissolved solids, antioxidant activity, overrun, and degree of preference. The data obtained were carried out statistical tests with a Complete Randomized Group Design and ANOVA (Analysis of Variance) analysis, if the test results showed significant differences between treatments followed by a DMRT (Duncan's Multiple Range Test) real difference test at a 95% confidence level.

The results showed that the addition of avocado puree and addition of carrageenan affected dissolved solids, antioxidant activity, overrun and avocado ice cream preference level. Avocado ice cream with the addition of 40% avocado puree and the addition of 2% carrageenan is favored by panelists, who have a soluble solid criterion of 31.11%; antioxidant activity 25.70% RSA; and overrun 43.81%.

Keywords: Avocado ice cream, carrageenan, antioxidant activity