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ANALISIS KANDUNGAN ENERGI DAN SERAT YOGURT LABU KUNING *(Cucurbita Moschata Duchnese)*

ABSTRAK

Pendahuluan: Untuk menambah penganekaragaman pada yogurt baik pada rasa maupun warna dapat dibuat dengan bahan dasar pangan fungsional salah satu pangan fungsional yang mudah ditemui serta kaya akan zat gizi yaitu labu kuning (*Cucurbita Moschata Duchnese*). Labu kuning kaya akan serat yang dibutuhkan untuk pemeliharaan kesehatan, khususnya saluran pencernaan.

Tujuan: Menganalisis kandungan gizi pada yogurt labu kuning (*Cucurbita Moschata Duchnese*).

Metode: Penelitian ini menggunakan desain experimental dengan tiga formulasi dengan perbandingan susu dengan puree labu kuning sebagai berikut Formula 1 (F1) 50%:50%, Formula 2 (F2) 60%:40% dan Formula 3 (F3) 70%:30%

Hasil: Kandungan energi yoghurt Labu kuning pada F1 sebanyak 452,69 kkal, F2 sebanyak 397,19 kkal, F3 sebanyak 487,19 kkal, kandungan serat F1 sebanyak 3,92% , F2 sebanyak 4,47% , F3 sebanyak 4,91%

Simpulan: Kandungan energi yoghurt Labu kuning paling tinggi yaitu F3 sebanyak 487,19 kkal dan kandungan serat paling tinggi ada pada F3 dengan kandungan serat 4,91%

Kata Kunci : Labu Kuning, Yogurt, Energi, Serat

Kepustakaan : 38 (2004 - 2019)

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ENERGY AND FIBER CONTENT ANALYSIS OF PUMPKIN YOGURT
(Cucurbita Moschata Duchnese)

ABSTRACT

Background: To increase the diversity of yogurt both in taste and color, it can be made with functional food ingredients, one of the functional foods that are easily found and rich in nutrients, namely pumpkin (*Cucurbita Moschata Duchnese*). Yellow pumpkin is rich in fiber needed for health maintenance, especially for digestive tract.

Purpose : To analyze the nutritional content of pumpkin yogurt (*Cucurbita Moschata Duchnese*).

Method: This research used an experimental design with three formulations with a ratio of milk to pumpkin puree as follows: Formula 1 (F1) 50%: 50%, Formula 2 (F2) 60%: 40% and Formula 3 (F3) 70%: 30%

Result: The energy content of yellow pumpkin yogurt at F1 was 452.69 kcal, F2 was 397.19 kcal, F3 was 487.19 kcal, F1 fiber content was 3.92%, F2 was 4.47%, F3 was 4.91%

Conclusion: The highest energy content of yellow pumpkin yogurt is F3 as much as 487.19 kcal and the highest fiber content is at F3 with a fiber content of 4.91%

Keywords: Pumpkin, Yogurt, Energy, Fiber

Bibliography: 38 (2004 - 2019):