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UJI MUTU DODOL BERBAHAN JAMBU BIJI MERAH (*Psidium guajava L*)

ABSTRAK

Latar Belakang : Jambu biji merah merupakan bahan pangan lokal yang memiliki banyak manfaat terutama kandungan seratnya serta memiliki potensi untuk dijadikan olahan pangan dodol bercita rasa manis dan mengandung serat.

Tujuan : Mengetahui mutu dodol berbahan jambu biji merah (*Psidium guajava L*).

Metode : Penelitian ini menggunakan desain eksperimental pada formulasi dodol jambu biji merah (*Psidium guajava L*) sebagai berikut : F1 (60%:30%:10%), F2 (50%:37,5%:12,5%), dan F3 (40%:45%:15%). Uji mutu yang dilakukan adalah uji mutu organoleptik (warna,aroma,rasa), uji mutu fisik tekstur dan uji mutu kimia kadar serat oleh panelis terlatih laboratorium terstandar.

Hasil : Uji mutu organoleptik dari tiga formulasi diperoleh bahwa F1,F2,dan F3 memenuhi standar SNI No.01-2986-1992. Uji mutu fisik tekstur diperoleh bahwa kekenyalan F1 1253,58 gf, F2 1071,51 gf dan F3 208,13 gf. Mutu kimia kadar serat pada F1 yaitu 1,38%, F2 1,30% dan F3 0,84% per 100 gram.

Simpulan : Dodol jambu biji merah F1 merupakan dodol yang paling baik dan mendekati SNI No.01-2986-1992.

Kata Kunci : Dodol,Jambu Biji Merah, Uji Mutu

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**QUALITY TEST AND FIBER CONTENT OF DODOL MADE FROM RED
GUAVA (*Psidium guajava L*)**

ABSTRACT

Background: Red guava is a local food ingredient with many benefits, particularly its fiber content, and has the potential to be made into a sweet-tasting and fiber-rich dodol.

Objective: To determine the quality of dodol made from red guava (*Psidium guajava L*).

Methods: This study used an experimental design on the formulation of red guava dodol (*Psidium guajava L*) as follows: F1 (60%:30%:10%), F2 (50%:37.5%:12.5%), and F3 (40%:45%:15%). The quality tests conducted included organoleptic quality (color, aroma, taste), physical texture quality, and chemical fiber content quality by trained panelists in a standardized laboratory.

Results: The organoleptic quality tests of the three formulations showed that F1, F2, and F3 met the standards of SNI No.01-2986-1992. The physical texture quality test results showed that the chewiness of F1 was 1253.58 gf, F2 was 1071.51 gf, and F3 was 208.13 gf. The chemical fiber content quality in F1 was 1.38%, F2 was 1.30%, and F3 was 0.84% per 100 grams.

Conclusion: The red guava dodol F1 is the best and most closely meets the requirements of SNI No.01-2986-1992.

Keywords: Dodol, Red Guava, Quality Test