

**UJI DAYA TERIMA DAN KADAR KALIUM FORMULASI PUDING  
PISONABIT “PISANG AMBON BUAH BIT” SEBAGAI ALTERNATIF  
MAKANAN SELINGAN PENDERITA HIPERTENSI**

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**ABSTRAK**

**Latar belakang** Hipertensi ialah meningkatnya tekanan darah, normalnya tekanan darah sistolik > 120 mmHg dan diastolik < 80 mmHg. Bersumber pada permasalahan, dilakukan penelitian puding dengan penambahan pisang ambon dan buah bit alternatif makanan selingan diharapkan menjadi produk olahan tinggi kalium yang baik dikonsumsi penderita hipertensi dengan tidak menghilangkan karakteristik olahan puding biasanya.

**Tujuan** penelitian untuk mengetahui uji organoleptik dan kadar kalium formulasi puding PISONABIT “Pisang Ambon Buah Bit” sebagai alternatif makanan selingan penderita hipertensi.

**Metode** penelitian eksperimental. Terdapat 3 formulasi menggunakan perbandingan bahan pisang ambon dan buah bit yang berbeda, yaitu : formulasi 1 (PB1 (6:6)) sebagai kontrol, formulasi 2 (PB2 (7:5)) dan formulasi 3 (PB3 (8:4)). Dilakukan uji subjektif yaitu uji organoleptik untuk mengetahui daya terima kepada 25 panelis kategori agak terlatih, sedangkan kandungan kadar kalium dilakukan uji Laboratorium pada formulasi kontrol dan yang paling disukai.

**Hasil** penelitian uji organoleptik menunjukkan yang paling disukai yaitu formulasi 3 (PB3) dengan nilai rerata dari penilaian warna, aroma, tekstur dan rasa sebesar 3,83 dalam kategori suka.

**Kesimpulan** dari hasil uji organoleptik formulasi puding PISONABIT yang paling disukai adalah formulasi 3 (PB3), memiliki kandungan kadar kalium tertinggi dalam 100 gr sebesar 874,94 mg/kg.

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*Kata Kunci : Hipertensi, kalium, pisang ambon, buah bit, puding PISONABIT*

**RECIPIENCE CAPABILITY TESTING AND THE VOLUME OF  
CALIUM MADE FROM FORMULATED PUDDING "PISANG AMBON  
BUAH BIT" AS A LIGHT SNACKS ALTERNATIVE FOR THE PEOPLE  
WITH HYPERTENTION**

By :

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**ABSTRACK**

**The background** hypertension is an increase in blood pressure, normally systolic blood pressure > 120 mmHg and diastolic < 80 mmHg. Sourced on the problem, pudding research with the addition of banana ambon and beet alternative food interspersed is expected to be a processed product high in potassium that is good consumed by people with hypertension by not eliminating the characteristics of processed pudding usually.

**The purpose** of the study was to find out the organoleptic test and potassium levels of PISONABIT pudding formulation "Pisang Ambon Buah Bit" as an alternative to the interspersed food of people with hypertension.

**The methods** is experimental research. There are 3 formulations using a comparison of different banana and beet ingredients, namely: formulation 1 (PB1 (6:6)) as a control, formulation 2 (PB2 (7:5)), and formulation 3 (PB3 (8:4)). Subjective tests are performed organoleptic tests to find out the receiving power to 25 panelists of the category somewhat trained, while the content of potassium levels is carried out laboratory tests on control formulations and the most preferred.

**The results** about organoleptic showed the most preferred formulation 3 (PB3) with an average value of color, aroma, texture, and taste assessment of 3.83 in the like category.

**The conclusion** of the organoleptic test results of PISONABIT pudding formulation is the most preferred formulation 3 (PB3), has the highest potassium content in 100 grams of 874.94 mg / kg.

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*Key Word : Hypertention, potassium, ambon banana, beets, PISONABIT pudding*