

FORMULA SARI BIJI NANGKA SEBAGAI NUTRISI ALTERNATIF UNTUK MENINGKATKAN ASUPAN GIZI ANAK SEKOLAH

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ABSTRAK

Data produksi buah nangka pada tahun 2014 paling banyak di provinsi Jawa Timur sebesar 101.831 ton. Jahe merupakan salah satu rempah-rempah yang paling banyak ditemui di Indonesia. Penelitian ini bertujuan untuk membuat formulasi sari biji nangka dengan penambahan sari jahe. Kandungan fosfor sari biji nangka ini diharapkan dapat membantu memenuhi nutrisi pada anak sekolah.

Penelitian dilaksanakan bulan Oktober 2016 – bulan Juli 2017. Metode penelitian yang digunakan adalah ekperimental. Sari biji nangka dibuat dengan 4 formulasi yaitu sari biji nangka 450 ml dengan konsentrasi sari jahe yang berbeda (5 gram jahe, 7 gram jahe dan 9 gram jahe)

Hasil uji organoleptik dianalisis dengan uji *Kruskal Wallis* dilanjutkan dengan uji *Mann Whitney* menunjukkan adanya perbedaan nyata dari formulasi sari biji nangka terhadap warna, aroma, dan rasa. Sari biji nangka terbaik menggunakan formula 150 gram biji nangka dan 450 ml air dengan penambahan 5 gram jahe. Kadar fosfor sari biji nangka dengan penambahan sari jahe didapatkan hasil rata-rata sebesar 3,3 mg/Kg Sari biji nangka dengan penambahan sari jahe memiliki umur simpan maksimal sekitar 30 jam pada suhu dingin dan 12 jam pada suhu ruang.

Disimpulkan bahwa hasil analisis fosfor mendapatkan rata-rata kandungan fosfornya 8,25% dari AKG dan masih jauh untuk mencukupi kebutuhan fosfor anak bila hanya mengkonsumsi sari biji nangka saja. Namun, Sari biji nangka rasa jahe merupakan alternatif minuman sehat.

Kata kunci : *Sari Biji Nangka rasa Jahe, Kadar Fosfor, Alternatif jajanan Anak Sekolah*

FORMULATION OF JACKFRUIT SEED EXTRACTS AS ALTERNATIVE NUTRITION TO INCREASE STUDENTS' NUTRITION

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ABSTRACT

The highest number production of Jackfruit in 2014 was found in the province of East Java, which was 101.831 tons. In addition, ginger is also one of the most widely used spices in Indonesia. This research aims to make the formulation of jackfruit seed extract, mixed with ginger extracts. Phosphorus contained in jackfruit seed extract is expected to meet the students' nutrition.

The research was performed during October 2016 to July 2017. The research used experimental method. Jackfruit seed extract was made with 4 formulations, of 450 ml jackfruit seed extract with different concentrations of ginger seed extract (5 grams of ginger, 7 grams of ginger and 9 grams of ginger)

The results of organoleptic test were analyzed by Kruskal Wallis test and then it was followed by Mann Whitney test. It showed that the different formulation resulted in different color, flavor, and taste. The best jackfruit seed extract used formulation of 150 grams of jackfruit seed, which was mixed with 450 ml of water and 5 gram of ginger. Levels of phosphorus contained in jackfruit seed extract, which was mixed with ginger extract obtained an average yield of 3,3 mg/Kg. Jackfruit seed extract, which was mixed with ginger extract, had a maximum shelf life of about 30 hours at cold temperatures and 12 hours at room temperature

It was concluded that based on the results of phosphorus analysis, the average phosphorus content only reached 8.25% of DRA. It means that if children only consume jackfruit seed extract, their phosphorus needs still cannot be met. Nevertheless, jackfruit seed extract mixed with ginger extract can be consumed as an alternative healthy drink.

Keywords: *Jackfruit Seed Extract (Gonger Flavour), Phosphorus Content, Alternative Drinking for Students.*