

## Abstrak



UNIVERSITAS ESA UNGGUL

FAKULTAS ILMU ILMU KESEHATAN

PROGRAM STUDI ILMU GIZI

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SITI ZAQIAH MUSLIM

**PENGEMBANGAN PRODUK YOGURT SINBIOTIK DENGAN KULTUR CAMPURAN BERBAHAN DASAR KARA BENGUK (*Mucuna pruriens*), KACANG KEDELAI (*Glycine max L.*), BERAS HITAM (*Oryza sativa L.*), DAN ROSELA UNGU (*Hibiscus Sabdariffa*).**

**xi, VI BAB, 74 Halaman, 22 Tabel, 20 grafik, 9 gambar, 7 Lampiran**

**Latar Belakang :** Sindrom metabolik merupakan kumpulan dari berbagai kelainan, salah satu kelainan yang disebabkan oleh sindrom metabolik adalah dislipidemia. Pengembangan produk pangan sinbiotik sudah banyak diteliti, produk pangan sinbiotik adalah produk yang mengandung probiotik dan prebiotik didalamnya, salah satu produk pangan sinbiotik yang dikembangkan adalah yogurt. Selain probiotik dan prebiotik, asam amino antosianin juga dapat memberikan efek yang menyehatkan bagi tubuh.

**Tujuan :** Tujuan umum penelitian ini untuk mendapatkan formulasi yogurt sinbiotik dengan kultur campuran kombinasi kara benguk, kacang kedelai, beras hitam, dan rosela ungu dan potensinya dalam mengikat lemak.

**Metode Penelitian :** Yogurt sinbiotik dibuat empat perlakuan dengan masing masing perlakuan disubstitusi sari kara benguk, sari kedelai, ekstrak beras hitam, dan ekstrak rosela ungu dengan perbandingan : F0 (90:0:0:5), F1 (60:30:5:5), F1 (60:20:15:5), dan F3 (60:10:25:5).

**Hasil Penelitian :** Pengujian daya terima dan kesukaan, analisis proksimat, analisis antioksidan terhadap 30 orang panelis tidak terlatih terhadap 4 formulasi yogurt sinbiotik didapatkan hasil terbaik yaitu yogurt sinbiotik formulasi F3

**Kesimpulan :** formulasi yogurt sinbiotik F3 merupakan produk terpilih berdasarkan hasil uji daya terima dan kesukaan, analisis proksimat, analisis antioksidan.

**Kata Kunci :** Hiperkolesterolemik, produk pangan sinbiotik, probiotik, prebiotik, asam amino hidrofobik, antioksidan antosianin

**Daftar Bacaan : 76, (1976-2017)**

**Abstract**



**ESA UNGGUL UNIVERSITY**

**FACULTY OF HEALTH SCIENCES**

**NUTRITION SCIENCE STUDIES**

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**SITI ZAQIAH MUSLIM**

**DEVELOPMENT OF SINBIOTIC YOGURT PRODUCTS WITH MIXED CULTURAL KULTURE BY KARA BENGUK (*Mucuna pruriens*), SOYBEAN (*Glycine max L*), BLACK RICE (*Oryza sativa L*), AND ROSELA UNGU (*Hibiscus Sabdariffa*).**

***Xi, VI CHAPTER, 60 Pages, 22 Tables, 17 graphs, 9 pictures, 7 Appendices***

**Background:** Metabolic syndrome is a collection of various abnormalities, one of the abnormalities caused by the metabolic syndrome is dyslipidemia. Sinbiotic food product development has been much studied, sinbiotic food product is a product containing probiotics and prebiotic, one of sinbiotic food product developed is yogurt. besides, probiotics and prebiotics, hydrophobic amino acids and antioxidant anthocyanins can also have a healthful effect on the body.

**Objective:** The general objective of this study was to obtain a synbiotic yogurt formulation with mixed cultures based on kara benguk, soybean, black rice, and purple rosella and its potency in binding fat.

**Methods of study:** Yogurt sinbiotics were made four treatments with each treatment substituted by kara benguk extract, soy extract, black rice extract and purple rosella extract in the ratio of: F0 (90: 0: 0: 5), F1 (60: 30: 5: 5), F1 (60: 20: 15: 5), and F3 (60: 10: 25: 5).

**Result of researchs:** The Accepted test and favorited test, proximated analysis, antioxidant analysis to 30 panelists not trained under 4 formulations yogurt sinbiotic that got best result yogurt sinbiotic formulation F3

**Conclusion:** The formulation of yogurt sinbiotic F3 is the selected product based on accepted test and favorited test, proximated analysis, antioxidanted analysis.

**Keywords:** Hypercholesterolemic, synbiotic food products, probiotics, prebiotics, hydrophobic amino acid, antocyanin antioxidants

**Reading Lists:** 76, (1976-2017)