VARIASI CAMPURAN BUNGA ROSELLA (*HIBISCUS SADBARIFFA* L.) DENGAN TERONG BELANDA (*SOLANUM BETACEUM* CAV.) PADA MINUMAN "ROSELLANDA" SEBAGAI MINUMAN FUNGSIONAL UNTUK ANEMIA DITINJAU DARI SIFAT FISIK, SIFAT ORGANOLEPTIK, KADAR ZAT BESI DAN VITAMIN C

Fairuuz Diffa Rembune[1], Lastmi Wayansari[2], Nugraheni Tri Lestari[2]
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : diffafai@gmail.com, lastmi.wayansari@poltekkesjogja.ac.id, nugrahenigizi@gmail.com

ABSTRAK

Latar Belakang : Anemia defisiensi besi masih menjadi masalah kesehatan yang banyak terjadi pada remaja putri dan wanita usia subur. Bunga rosella dan terong belanda merupakan bahan pangan yang berpotensi dimanfaatkan sebagai minuman potensial "Rosellanda" karena mengandung zat besi, vitamin C dan antioksidan.
Tujuan : Menghasilkan minuman fungsional untuk anemia dengan campuran bunga rosella dan terong belanda yang ditinjau dari sifat fisik, sifat organoleptik, kadar zat besi dan vitamin C.
Metode : Penelitian ini menggunakan penelitian eksperimental laboratorium dengan desain penelitian Rancangan Acak Lengkap (RAL) menggunakan 4 perlakuan formulasi bahan. Masing-masing perlakuan dilakukan 2 kali ulangan dan terdapat 2 unit percobaan pada setiap ulangan sehingga menghasilkan 16 satuan percobaan.
Hasil : Terdapat pengaruh yang signifikan ($p<0,05$) terhadap sifat organoleptik warna, aroma dan tekstur, sedangkan parameter rasa tidak menunjukkan pengaruh yang signifikan ($p>0,05$). Kadar zat besi tertinggi terdapat pada perlakuan F3 sebesar 1,7050 mg/100 g dan kadar vitamin C tertinggi sebesar 23,66 mg/100 g. Perlakuan F2 merupakan formulasi yang paling disukai panelis berdasarkan tingkat penerimaan warna, aroma, tekstur dan rasa.
Kesimpulan : Variasi campuran bunga rosella dan terong belanda berpengaruh terhadap sifat fisik, sifat organoleptik, kadar zat besi dan vitamin C minuman "Rosellanda". Perlakuan F2 memperoleh tingkat penerimaan panelis tertinggi, sedangkan perlakuan F3 ditetapkan sebagai formulasi terbaik karena memiliki kandungan zat besi dan vitamin C tertinggi. Minuman "Rosellanda" berpotensi dikembangkan sebagai alternatif minuman sumber zat besi dan vitamin C untuk membantu pencegahan anemia.

Kata Kunci : bunga rosella, terong belanda, anemia, zat besi, vitamin C, sifat fisik, sifat organoleptik.

VARIATION OF ROSELLA FLOWER MIXTURE (*HIBISCUS SADBARIFFA* L.) WITH TAMARILLO (*SOLANUM BETACEUM* CAV.) IN "ROSELLANDA" DRINK AS AN FUNCTIONAL DRINK FOR ANEMIA IN TERMS OF PHYSICAL PROPERTIES, ORGANOLEPTIC PROPERTIES, IRON CONTENT AND VITAMIN C

Fairuuz Diffa Rembune[1], Lastmi Wayansari[2], Nugraheni Tri Lestari[2]
Jurusan Gizi Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : diffafai@gmail.com, , lastmi.wayansari@poltekkesjogja.ac.id, nugrahenigizi@gmail.com

ABSTRACT

Background: Iron deficiency anemia remains a major public health problem, particularly among adolescent girls and women of reproductive age. Roselle flower and tamarillo are fungctional food ingredients for the development of a functional beverage called "Rosellanda" due to their iron, vitamin C and antioxidant contents.
Objective : To Produce a fungctional drink for anemia with a mixture of rosella flowers and tamarillo reviewed in terms of physical properties, organoleptic properties, iron content and vitamin C content.
Methods : This study used laboratory experimental research with a completely randomized design (CRD) using 4 treatment formulations. Each treatment was repeated twice, and there were 2 experimental units in each repetition, resulting in 16 experimental units.
Results : The results showed a significant effect ($p<0.05$) on the organoleptic attributes of color, aroma and texture, whereas no significant effect was observed on taste ($p>0.05$). The highest iron content was found in treatment F3, reaching 1.7050 mg/100 g, while the highest vitamin C content was also observed in F3, reaching 23.66 mg/100 g. Treatment F2 was the most preferred formulation based on panelists' acceptance of color, aroma, texture and taste.
Conclusion : The variation in the proportion of roselle flower and tamarillo affected the physical characteristics, organoleptic properties, iron content, and vitamin C content of the "Rosellanda" beverage. The F2 formulation achieved the highest level of panelist acceptance, while the F3 formulation was selected as the best formulation due to its highest iron and vitamin C contents. The "Rosellanda" beverage has the potential to be developed as an alternative source of iron and vitamin C to help prevent anemia.

Keywords : rosella flowers, tamarillo, physical properties, organoleptic properties, iron, vitamin C.