

**UJI KANDUNGAN PROTEIN DAN LEMAK PADA ES KRIM PROBIOTIK
DENGAN PENAMBAHAN *SOYGHURT* KOMBINASI KULIT JERUK
LEMON (*Citrus limon*)**

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ABSTRAK

Es krim probiotik merupakan produk es krim yang mengandung bakteri probiotik yang dibuat dengan mencampurkan bahan dasar es krim dengan strain probiotik yang telah difermentasikan kemudian dibekukan. Es krim probiotik bermanfaat untuk membantu pencernaan makanan, mencegah diare dan mencegah peningkatan kadar kolesterol darah. Tujuan penelitian ini adalah mengetahui pengaruh penambahan *soyghurt* kombinasi kulit jeruk lemon terhadap protein, lemak, pH, total bakteri asam laktat, dan kesukaan terhadap tekstur, aroma dan rasa es krim probiotik; mengetahui konsentrasi penambahan *soyghurt* kombinasi kulit jeruk lemon pada pembuatan es krim probiotik yang menghasilkan es krim dengan kandungan protein dan lemak yang paling baik; dan mengetahui mutu protein dan lemak es krim probiotik sesuai SNI 01-3713-1995.

Es krim probiotik dibuat dengan menambahkan *soyghurt* kombinasi kulit jeruk lemon sebanyak 0%, 40%, 60% dan 80% masing-masing dengan 3 kali ulangan. Es krim probiotik dengan penambahan *soyghurt* kombinasi kulit jeruk lemon diuji organoleptik melalui pengisian kuesioner dengan skala hedonik oleh 30 panelis dan diuji kandungan protein, lemak, pH dan total bakteri asam laktat. Data yang diperoleh selanjutnya dianalisis secara statistik dengan uji ANOVA dan uji Duncan.

Hasil menunjukkan bahwa penambahan *soyghurt* memberikan pengaruh terhadap protein, pH, total bakteri asam laktat, tekstur, aroma, rasa, namun tidak memberikan pengaruh terhadap lemak. Penambahan 80% *soyghurt* kombinasi kulit jeruk lemon merupakan konsentrasi yang paling baik untuk menghasilkan protein dan lemak pada es krim probiotik. Namun, kandungan protein dan lemak belum memenuhi syarat mutu es krim sesuai dengan SNI 01-3713-1995.

Kata kunci: es krim probiotik, *soyghurt*, kulit jeruk lemon, protein, lemak, hedonik.

**PROTEIN AND FAT CONTENT IN PROBIOTICS ICE CREAM WITH
SOYGHURT COMBINATION OF LEMON PEEL (*Citrus limon*) ADDITION**

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ABSTRACT

Probiotic ice cream is an ice cream product that contained probiotic bacteria made by mixing basic ingredient of ice cream with probiotic strains which have been fermented and frozen. Probiotic ice cream is useful to help digestion of food, prevent diarrhea and prevent increase blood cholesterol levels. The purpose of this study was to know the effect of soyghurt combination of lemon peel adding to the protein, fat, pH, a total of lactic acid bacteria, and preference for texture, flavor and taste of ice cream probiotics; knowing the concentration of soyghurt combination of lemon peel adding in making probiotic ice cream that produces ice cream with the best protein and fat content; and knowing the quality of protein and fat of probiotic ice cream according to SNI 01-3713-1995

Probiotic ice cream made by a soyghurt combination of lemon peel adding as much as 0%, 40%, 60% and 80% each with three replications. The probiotic ice cream with a soyghurt combination of lemon peel addition was tested by organoleptic by filling the questionnaire with a hedonic scale by 30 panelists and tested for protein, fat, pH and a total of lactic acid bacteria. The data obtained were then analyzed statistically by ANOVA and Duncan tests.

The results showed that the addition of soyghurt had an effect on protein, pH, a total of lactic acid bacteria, texture, flavor, taste, but did not affect to fat. The addition of 80% soyghurt combination of lemon peel is the best concentration for producing protein and fat in probiotic ice cream. However, the protein and fat content does not meet the ice cream quality requirements according to SNI 01-3713-1995.

Keywords: probiotic ice cream, soyghurt, lemon peel, protein, fat, hedonic.