

ABSTRAK

Tyas Adhistiani

Sirup daun binahong dengan penambahan daun mint merupakan minuman fungsional yang bermanfaat di masa pandemi COVID-19 ini. Tanaman binahong dan daun mint merupakan tanaman yang memiliki komponen bioaktif yang dapat dimanfaatkan sebagai antioksidan alami. Baru sedikit pemanfaatan daun binahong, oleh karena itu dilakukan pemanfaatan dan mengolahnya agar menarik menjadi produk sirup. Penelitian ini bertujuan untuk mengetahui karakteristik kadar aktivitas antioksidan, kadar viskositas, karakteristik organoleptik dan daya terima terhadap sirup daun binahong dengan penambahan daun mint. Metode penelitian yang digunakan yaitu Rancangan Acak Lengkap (RAL). Sirup daun binahong diformulasikan dalam 3 bentuk yaitu F1 (daun mint 1%), F2 (daun mint 3%), dan F3 (daun mint 5%). Hasil uji statistik menggunakan analisis Kruskal Wallis untuk uji organoleptik terdapat perbedaan yang signifikan yaitu warna dan aroma ($p\text{-value} < 0.05$). Daya terima pada sirup masuk kriteria paling suka (84,14%) terletak pada formula 1. Uji kimia aktivitas antioksidan tertinggi yaitu F2 sebesar 149,48 mg/L. Hasil mutu sirup paling tinggi terdapat pada F2 sebesar 74,3 cP dan tidak ada batas viskositas pada SNI.

Kata Kunci : Daun Binahong, Daun Mint, Sirup, Aktivitas Antioksidan, Viskositas

ABSTRACT

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The syrup of a Binahong leaf to which it has been added a mint leaf, is a drink brimming with many benefits especially in the time of COVID-19 pandemic. This particular leaf alongside mint, are the two plants to which it contained a bioactive component that could be utilized as a natural antioxidant. There has only been a few of the processing the binahong leaf to be something of which it could be consumed, to which a study is conducted to process and utilize it into a consumable product, which in this case is a syrup. This study intends to discover the characteristic of the amount of the measure of the antioxidant activity, the level of viscosity, organoleptic characteristics and the acceptability measure of a binahong leaf syrup combined with a mint leaf. The method used for this study is through the Complete Randomized Design (CRD), in which the binahong syrup is formulated to three forms which are F1 (consisted of 1% of mint leaf), F2 (consisted of 1% of mint leaf), and F3 (consisted of 1% of mint leaf). The result of the statistic test utilized the analysis of Kruskal Wallis in order to conduct the organoleptic test to which it found that there are a significant differences between the scent and the colour ($p\text{-value} < 0.03$). The acceptance rate to which syrup is most liked (84,14%) lies on Formula 1. While the chemical test of the highest antioxidant level lies on F2 which amounted to 149,48 mg/L. The result to which syrup has the highest quality belong to F2 with the amount of 74,3 cP and without a viscosity limit on the SNI.

Keywords: Binahong Leaves, Mint Leaves, Syrup, Antioxidant Activity, Viscosity