

ABSTRAK

Minuman effervescent merupakan campuran komponen asam dan basa yang bila ditambahkan dengan air akan menghasilkan buih dan dijadikan minuman fungsional dikarenakan adanya penambahan komponen zat aktif contohnya antioksidan. Ekstrak daun alpukat mengandung antioksidan yang dapat menangkal radikal bebas dan memiliki manfaat bagi tubuh akan tetapi memiliki rasa yang pahit dan berbau langu khas daun alpukat. Sukralosa merupakan pemanis buatan yang memiliki kemanisan 600x dari sukrosa dan rendah kalori. Tujuan penelitian ini adalah untuk mengetahui penambahan konsentrasi ekstrak daun alpukat (11.7%, 21.7%, 33.3%) dan sukralosa (0.3%, 0.4%, 0.5%) terhadap kualitas serbuk effervescent ekstrak daun alpukat. kualitas serbuk effervescent yang di uji meliputi kadar air, pH, tinggi buih, waktu larut, uji organoleptik cemaran mikroba, cemaran logam dan aktivitas antioksidan. Rancangan penelitian yang digunakan adalah Rancangan Acak Lengkap (RAL) dua faktorial dengan tiga taraf dan dua ulangan. Teknik analisis data yang digunakan adalah Analisis Varian (ANOVA), jika terdapat perbedaan nyata antar perlakuan dilanjutkan dengan uji Tukey. Formulasi serbuk effervescent ekstrak daun yang paling baik menurut uji organoleptik hedonik adalah formula dengan formulasi penambahan ekstrak daun alpukat 11.7% dan sukralosa 0.5%. Formula terbaik memiliki karakteristik sebagai berikut: nilai waktu rata-rata 0.28 menit, nilai tinggi buih granul 5.20 cm, nilai pH rata-rata 5,63, kadar air rata-rata 0,88, cemaran mikroorganisme ALT <10-1cfu/g, AKK <10-1cfu/g dan negative E. coli serta tidak ada cemaran logam Pb, As dan Cd, nilai aktivitas antioksidan (IC50) yaitu 410.4, dan berwarna kuning. berasa manis serta beraroma agak tidak langu.

Kata kunci: antioksidan, ekstrak daun alpukat, serbuk effervescent, sukralosa

ABSTRAK

An effervescent drink is a mix of acidic and basic components which when added to water will produce foam and be used as a functional drink due to the addition of active components such as antioxidants. Avocado leaf extract contains antioxidants can inhibit free radicals and have pharmacological benefits but has a bitter taste and smells typical of avocado leaves. Sucralose is an artificial sweetener that has 600 times the sweetness of sucrose and low calories. The purpose of this study was to determine the addition of avocado leaf extract concentrations (11.7%, 21.7%, 33.3%) and sucralose (0.3%, 0.4%, 0.5%) on the quality of avocado leaf extract effervescent powder. The quality of the effervescent powder tested included water content, pH, high foam, soluble time, organoleptic test, microbial contamination, metal contamination and antioxidant activity. The research design used was a two-factor completely randomized design (RAL) with three levels and two replications. Data analysis technique used is Variant Analysis (ANOVA), if there are significant differences between treatments followed by Tukey's test. The best formulation of powder effervescent according to the hedonic organoleptic test is the formula with the addition of 11.7% avocado leaf extract and 0.5% sucralose. The best formula has the following characteristics: dissolve time is 0.28 minutes, granule foam height value is 5.20 cm, pH value is 5.63, water content is 0.88%, microorganism contamination ALT 10^{-1}cfu/g, AKK 10^{-1}cfu/g and negative E. coli and no metal contamination of Pb, As and Cd, the value of antioxidant activity (IC 50) is 410,4, and the color is yellow, has sweet taste and quiet not unpleasant smell.

Kata kunci: antioxidant, avocado leaves extract, effervescent powder, sucralose