

ABSTRAK

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Program studi : S1 Farmasi

Judul : Kandungan Gula Reduksi dan Keasaman Yogurt Berbasis Sari Tepung Pasta Nabati dengan Penambahan Enzim Amiloproteolitik *Leuconostoc mesenteroides* EN 17-11

Yogurt bermanfaat bagi kesehatan diantaranya bagi penderita intoleransi laktosa yang banyak dialami oleh anak-anak dan lansia. Tetapi yogurt yang terdapat di pasaran memiliki kandungan gula cukup tinggi sehingga perlu diproduksi yogurt rendah gula agar aman dikonsumsi bagi penderita intoleransi laktosa. Tujuan dari penelitian ini yaitu untuk mengetahui kandungan gula reduksi dan total asam yogurt tepung pasta nabati kacang dan jamur. Gula reduksi dan total asam diuji dengan menggunakan metode Miller 1959 dan AOAC 1995. Hasil pengujian gula reduksi dan total asam menunjukkan nilai tertinggi pada yogurt sari tepung pasta kacang kedelai sebesar 0,0741% dan 1,1565%.

Kata kunci:

Gula, yogurt, amiloproteolitik, *Leuconostoc mesenteroides*.

ABSTRACT

Name : Bagus Wicaksono Susanto

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Title : Sugar Content of Yoghurt Reduction and Acidity Based on Vegetable Paste Flour Extract with the Addition of Amliproteolytic *Leuconostoc mesenteroides* EN 17-11 enzyme

Yogurt is beneficial for health including for sufferers of lactose intolerance which is experienced by many children and the elderly. But yogurt on the market has a high enough sugar content that low-sugar yogurt needs to be produced to be safe for consumption for people with lactose intolerance. The purpose of this study is to determine the reducing sugar content and the total acidity of yogurt, flour, vegetable paste, beans and mushrooms. Reducing sugar and total acid were tested using the Miller 1959 and AOAC 1995 methods. The results of the reducing sugar and total acid testing showed the highest values in yogurt extracts of soybean paste flour by 0.0741% and 1.1565%.

Keywords:

Sugar, yoghurt, amiloproteolytic, *Leuconostoc mesenteroides*.