

**PENGARUH VARIASI LAMA PERENDAMAN DALAM LARUTAN
SORBITOL TERHADAP KADAR VITAMIN C MANISAN
KERING PARE GAJIH (*Momordica charantia L.*)**

**(THE EFFECT OF IMMERSION LENGTH VARIATION IN SORBITOL
SOLUTION TO VITAMIN C LEVELS OF DRIED CANDIED PARE
GAJIH (*Momordica charantia L.*))**

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INTISARI

Pare gajih (*Momordica charantia L.*) merupakan buah yang memiliki banyak manfaat bagi kesehatan diantaranya yakni terdapat tiga komponen senyawa yang secara klinis mampu menurunkan kadar gula darah (Hipoglikemik) yang tinggi. Pare juga terdapat kandungan vitamin C yang sangat baik bagi tubuh. Buah pare memiliki rasa pahit sehingga masyarakat enggan untuk mengkonsumsinya. Inovasi dalam pengolahan buah pare perlu dilakukan yaitu dengan pembuatan produk manisan kering dengan menggunakan pemanis sorbitol yang rendah kalori. Tujuan penelitian ini untuk mengetahui ada pengaruh variasi lama perendaman dalam larutan sorbitol terhadap kadar vitamin C manisan kering pare gajih.

Penentuan kadar Vitamin C dalam manisan kering pare gajih dilakukan dengan variasi lama perendaman buah pare selama 12 jam, 24 jam, dan 36 jam dalam larutan sorbitol. Penentuan kadar vitamin C menggunakan metode iodimetri dengan cara menitrasi langsung bahan yang akan ditentukan menggunakan larutan standar iodium serta indikator amylum.

Berdasarkan hasil penelitian kadar vitamin C pada manisan kering pare gajih yaitu pada pare mentah kadar vitamin C 44,86 mg/100g bahan, manisan kering pare gajih dengan perendaman 12 jam, 24 jam, dan 36 jam kadar vitamin C 38,22 mg/100g bahan, 31,03 mg/100g bahan, dan 23,70 mg/100g bahan.

Kata Kunci : Pare, Sorbitol, kadar vitamin C, Iodimetri.

ABSTRACT

*Pare gajih (*Momordica charantia L.*) is a fruit that has many benefit for health such as there are three components of pare that are clinically capable of decrease high blood sugar levels (Hypoglycemic). Pare also contains vitamin C which is very good for the body. Pare has bitter taste so people are reluctant to consume it. Innovation in the processing of pare needs to be done by making dried candied product by using low-calorie sorbitol sweetener. The purpose of this study was to determine the effect of immersion length variation in sorbitol solution to vitamin C levels of dried candied pare gajih.*

Determination of Vitamin C levels in dried candied pare gajih was done with immersion length variation for 12 hours, 24 hours, and 36 hours in sorbitol solution. Determination of vitamin C levels using iodimetry method by direct titration of material to be determined using standard iodine solution and amylum indicator.

Based on this research, the result of vitamin C levels on raw dried candied pare gajih was 44,86 mg / 100g ingredient, vitamin C levels of dried candied pare gajih with immersion for 12 hours, 24 hours, and 36 hours were 38,22 mg / 100g Ingredients, 31.03 mg / 100g ingredients, and 23.70 mg / 100g of ingredients.

Keywords: Pare, Sorbitol, vitamin C levels, Iodimetry.
