

INTISARI

Yuliana, S. 2016. Pengaruh Konsentrasi CaCl_2 dan lama Penyimpanan terhadap Organoleptis serta Kadar Vitamin C pada Buah Stroberi (*Fragaria vesca*). Program Studi D-IV Analis kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Buah stroberi (*Fragaria vesca*) merupakan salah satu buah yang mengandung vitamin C tinggi yang dibutuhkan oleh tubuh manusia. Buah stroberi (*Fragaria vesca*) mempunyai sifat mudah rusak. Pengawetan merupakan salah satu cara untuk mempertahankan kualitas buah dan mempertahankan kadar vitamin C. Pengawetan dapat dilakukan dengan bahan kimia yaitu dengan larutan CaCl_2 . Penelitian ini bertujuan untuk mengetahui pengaruh konsentrasi CaCl_2 dan lama penyimpanan terhadap organoleptis dan untuk mengetahui perubahan vitamin C pada buah stroberi (*Fragaria vesca*).

Metode penelitian terhadap buah stroberi (*Fragaria vesca*) yang direndam dengan larutan CaCl_2 konsentrasi kontrol, 0%, 1%, 2%, 3%, 4% dan 5%. Perendaman dilakukan selama satu jam dan kemudian disimpan pada suhu ruang selama 0, 2, 4 dan 6 hari. Organoleptis diuji dengan kuisisioner dan kadar vitamin C ditentukan secara Iodimetri. Hasil pengukuran kadar vitamin C dilakukan uji statistik yaitu Anova dua jalan.

Hasil rerata kadar vitamin C buah stroberi yang direndam larutan CaCl_2 selama satu jam dan lama penyimpanan 6 hari pada konsentrasi kontrol, 0%, 1%, 2%, 3%, 4% dan 5% berturut – turut adalah 45,36 mg/100g, 42,68 mg/100g, 43,51 mg/100g, 44,27 mg/100g, 46,77 mg/100g, 51,63 mg/100g dan 49,84 mg/100g. Hasil tersebut menunjukkan bahwa konsentrasi 4% adalah yang paling efektif mempertahankan kadar vitamin C dan umur simpan.

Kata kunci : buah stroberi, konsentrasi CaCl_2 , vitamin C

ABSTRACT

Yuliana, S. 2016. *Effects of CaCl₂ Concentration and Length of Storage to Organoleptic and Levels of Vitamin C in Strawberry (Fragaria vesca)*. D-IV Health Analyst Study Program , Health Science Faculty, Setia Budi University.

Strawberry (*Fragaria vesca*) is one of the fruits that contain vitamin C which needed by human body. Strawberry (*Fragaria vesca*) have the properties easily damaged. Preservation is one way to maintain fruit quality and maintain high levels of vitamin C. Preservation can be done with chemicals that is with CaCl₂ solution. This study was aimed to determine the effect of CaCl₂ concentration and length of storage to organoleptic and to determine the change of vitamin C in strawberry (*Fragaria vesca*).

The method to strawberry (*Fragaria vesca*) which soaked with CaCl₂ solution concentrations of control, 0%, 1%, 2%, 3%, 4% and 5%. Soaking was conducted for one hour and then stored at room temperature for 0, 2, 4 and 6 days. Organoleptic was tested with questionnaire and levels of vitamin C was determined by Iodimetri. The result of measurement levels of vitamin C conducted statistical test which was two-way ANOVA.

The mean results levels of vitamin C in strawberry which soaked in CaCl₂ solution for one hour and length of storage 6 days at concentrations of control, 0%, 1%, 2%, 3%, 4% and 5% were 45.36 mg / 100g, 42.68 mg / 100g, 43.51 mg / 100g, 44.27 mg / 100g, 46.77 mg / 100g, 51.63 mg / 100g and 49.84 mg / 100g, respectively. The results showed that the concentration of 4% was the most effective in maintaining high levels of vitamin C and length of storage.

Keywords: strawberry, the CaCl₂ concentration, vitamin C