

**PENGARUH VARIASI LAMA PERENDAMAN DAN KONSENTRASI  
LARUTAN VITAMIN C TERHADAP KADAR NITRIT  
PADA DAGING OLAHAN SEGAR (BURGER)  
SECARA SPEKTROFOTOMETRI**

**(THE EFFECT OF IMMERSION LENGHT VARIATIONS AND  
CONCENTRATION OF VITAMIN C SOLUTION TO NITRITE  
LEVELS IN PROCESSED FRESH MEAT (BURGER)  
BY SPECTROPHOTOMETRY)**

Lisa Sari, Nur Hidayati.

Program Studi D-III Analis Kesehatan Fakultas Ilmu Kesehatan  
Universitas Setia Budi Surakarta Jl. Let. Jend. Sutoyo, Mojosongo, Solo 57127 Telp: 0271-852518  
Email: Lisasari346@gmail.com

**INTISARI**

Daging Burger merupakan produk makanan olahan daging sapi yang mengandung Nitrit, efek konsumsi Nitrit yang berlebihan dapat menimbulkan kerugian bagi pemakainya, baik yang bersifat langsung, yaitu keracunan, maupun yang bersifat tidak langsung, yaitu Nitrit bersifat karsinogenik. Asam askorbat dalam proses curing daging memiliki peran mempercepat pembentukan Nitrit oksid dari Nitrit. Penelitian ini bertujuan untuk mengetahui penurunan kadar Nitrit yang paling efektif berbagai lama perendaman dan konsentrasi larutan vitamin C.

Penelitian ini merupakan penelitian eksperimental. Salah satu daging burger diperiksa kadar Nitrit sebelum perendaman kemudian diberi perlakuan dengan perendaman larutan vitamin C terhadap lama perendaman selama 10 menit, 15 menit dan 20 menit dan variasi konsentrasi (0,25%, 0,50%, 0,75%, dan 1,00%). Penentuan kadar Nitrit pada sampel daging burger dilakukan dengan metode Spektrofotometri.

Hasil penelitian menunjukkan bahwa kadar Nitrit pada sampel daging burger adalah 38,0095 mg/kg. Hasil penelitian tersebut dapat disimpulkan bahwa sampel daging burger melebihi batas maksimum yang telah ditetapkan oleh Peraturan Kepala BPOM No.36. 2013 dalam produk daging olahan seperti daging burger yaitu sebesar 30 mg/kg. Penurunan kadar Nitrit yang paling baik pada sampel yang diberi larutan vitamin C konsentrasi 1,00% dan lama perendaman 20 menit adalah sebesar 53,74%.

**Kata Kunci :** Daging Burger, Kadar Nitrit, Vitamin C, Spektrofotometri

---

**ABSTRACT**

*Burger meat is a food product of processed by beef that contains Nitrit, consumption of nitrite with excessive will do serious damage in consumer such as food poisoning in directly and cancer in indirectly. Ascorbat acid in the process of meat curing has a role to accelerate nitrite oxide formation from nitrite. This research was aim to know the most effective to decreasing of nitrite levels with variation of long immersion and concentration of vitamin C.*

*This research was an experimental research. One of burger meat was do examination of nitrite level as a control. After that an others sample was immersion in a solution of vitamin C for 10,15,20 minutes with concentration variation of 0,25%, 0,50%, 0,75% and 1,00%. Determination of Nitrite level on burger meat sample was do by Spectrophotometry method.*

*The results showed that Nitrite levels in a burger meat sample was 38,0095 mg/kg. The result of this research was able to conclude that burger meat sample has exceed maximum limit that was decided by BPOM. Adding vitamin C with concentration of 1 % and do immersion for 20 minutes has showing the best to decreasing of nitrite levels.*

**Keywords:** *Meat Burger, Nitrite Levels, Vitamin C, Spectrophotometry*

---