

INTISARI

Kanesa, Ade. 2023. *Cholesterol Levels in Processed Salted Egg Yolks by Soaking in Salt Water and Boiling Water of Moringa Leaves (Moringa oliefera)*. KTI. DIII Health Analyst Study Program, Faculty of Health Sciences, Setia Budi University.

Telur asin merupakan salah satu produk telur yang banyak diminati oleh masyarakat Indonesia, pembuatan telur asin berasal dari telur itik mentah yang diawetkan secara pengasinan dengan media larutan garam, pada penelitian ini dilakukan perendaman dengan media larutan garam 40 % dan perendaman rebusan daun kelor sebanyak 50 gram yang bertujuan untuk mengetahui pengaruh perendaman daun kelor dengan masa perendaman yaitu 12 hari.

Telur asin yang direndam pada media larutan garam 40% dan daun kelor selama 12 hari kemudian dikukus dan selanjutnya analisis kadar kolesterol. Metode yang digunakan dalam analisis penetapan kadar kolesterol adalah *photometric enzymatic* CHOD- PAP

Hasil penelitian menunjukkan bahwa kadar kolesterol pada kuning telur asin didapatkan hasil sebelum perendaman sebesar 378mg/100g, Perendaman menggunakan media larutan garam 40% Selama 12 hari didapatkan hasil rata-rata sebesar 369mg/100g, perendaman menggunakan media larutan garam 40% dan daun kelor selama 12 hari didapatkan hasil rata-rata sebesar 291mg/100g

Kata kunci : Telur Asin, media larutan garam 40%, Kelor, CHOD PAP

ABSTRACT

Kanesa, Ade. 2023. Cholesterol Levels in Processed Salted Egg With Salt Water Immersion and Moringa (*Moringa oliefera*) Leaf Cooking Water Scientific Writing. DIII Health Analyst Study Programme, Faculty of Health Sciences Setia Budi University.

Salted eggs are one of the egg products that are in great demand by the people of Indonesia the manufacture of salted eggs comes from raw duck eggs preserved by salting with salt solution media, in this study soaking with 40% salt solution media and soaking 50 grams of moringa leaf decoction which aims to determinan the effect with salt solution media. which aims to determine the effect of Moringa leaf a soaking with a soaking period of 12 days.

Salted eggs soaked in 40% salt solution media and Moringa leaves for 12 days were then steamed and then analyzed for cholesterol levels. The method used in the analysis of cholesterol determination in photometric enzymatic CHOD-PAP

The results showed that cholesterol levels in salted egg yolks obtained before soaking where 378 mg/100g, soaking using 40% salt solution media for 12 days obtained an average result of 369 mg/100g, soaking using 40% salt solution media and Moringa leaves for 12 days obtained an average yield of 291mg/100g

Keywords: *Salted. egg, 40% salt solution media, moringa leaves, CHOD PAP*