

**KARAKTERISTIK SIFAT FISIK-KIMIA, INDEKS  
GLIKEMIK, DAN PROFIL SENSORI BERAS UNGU  
PRATANAK**

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**FAKULTAS TEKNOLOGI PERTANIAN  
UNIVERSITAS ANDALAS  
PADANG  
2019**

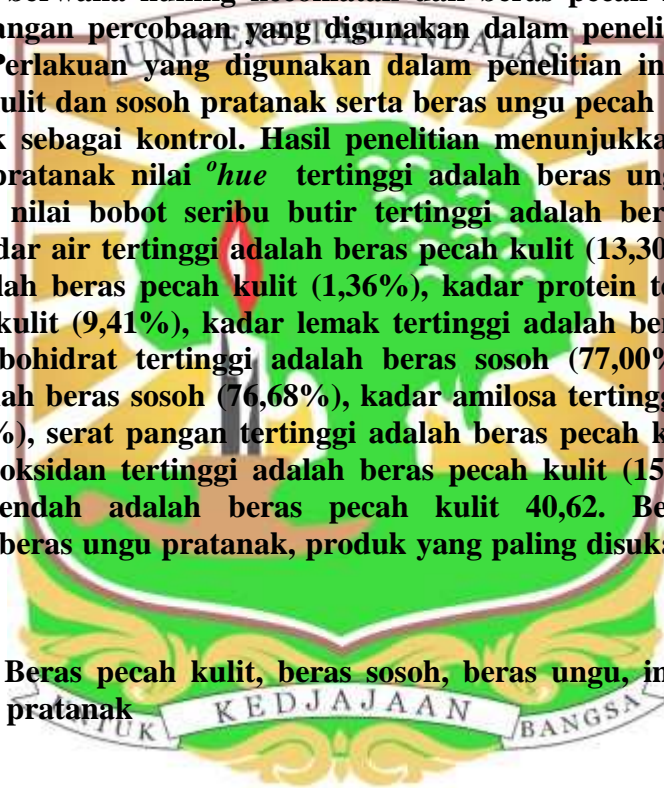
# Karakteristik Sifat Fisik-kimia, Indeks Glikemik, dan Profil Sensori Beras Ungu Pratanak

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui karakteristik sifat fisik-kimia, indeks glikemik, dan profil sensoris beras ungu pratanak. Beras ungu yang digunakan dalam penelitian ini memiliki ciri-ciri daun dan batang berwarna ungu, sekam berwarna kuning kecoklatan dan beras pecah kulit berwarna coklat. Rancangan percobaan yang digunakan dalam penelitian ini adalah eksploratif. Perlakuan yang digunakan dalam penelitian ini adalah beras ungu pecah kulit dan sosoh pratanak serta beras ungu pecah kulit dan sosoh non pratanak sebagai kontrol. Hasil penelitian menunjukkan bahwa pada beras ungu pratanak nilai *hue* tertinggi adalah beras ungu sosoh 83,95 (*Yellow red*), nilai bobot seribu butir tertinggi adalah beras pecah kulit (18,74%), kadar air tertinggi adalah beras pecah kulit (13,30%), kadar abu tertinggi adalah beras pecah kulit (1,36%), kadar protein tertinggi adalah beras pecah kulit (9,41%), kadar lemak tertinggi adalah beras pecah kulit (2,05%), karbohidrat tertinggi adalah beras sosoh (77,00%), kadar pati tertinggi adalah beras sosoh (76,68%), kadar amilosa tertinggi adalah beras sosoh (24,97%), serat pangan tertinggi adalah beras pecah kulit (18,92%), aktivitas antioksidan tertinggi adalah beras pecah kulit (15,92%), indeks glikemik terendah adalah beras pecah kulit 40,62. Berdasarkan uji organoleptik beras ungu pratanak, produk yang paling disukai adalah beras sosoh.

Kata Kunci: Beras pecah kulit, beras sosoh, beras ungu, indeks glikemik, pratanak



# ***Characteristics of Physical-chemical Properties, Glycemic Index, and Sensory Profile of Parboiled Purple Rice***

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## **ABSTRACT**

This study aimed to determine the characteristics of physical-chemical properties, glycemic index, and sensory profile of parboiled purple rice. The characteristics of purple rice that has been used in this research are have purple leaves and stems, brownish husk and brown rice grains. The experimental design used in this study was explorative. The treatment that has been used in this study were parboiled brown purple rice and milled rice with the unparboiled brown purple rice and milled rice were used as controls. The result of the research showed that parboiled purple rice had the highest *hue* value is milled rice 83.95 (yellow red), the highest one thousand grain weight value is brown rice (18.74%), the highest water content is brown rice (13.30%), the highest ash content is brown e rice (1.36%), the highest protein content is brown rice (9.41%), the highest fat level content is brown rice (2.05%), the highest carbohydrate content is milled rice (77.00%), the highest starch content is milled rice (76.68%), the highest amylose content is milled rice (24.97%), the highest dietary fiber content is brown rice (18.92%), the highest antioxidant activity is brown rice (15.92%), and the lowest glycemic index is brown rice (40.62%). Based on organoleptic test, the best product is chosen miled rice.

**Keywords:** Brown rice, milled rice, purple rice, glycemic index, parboiled

