

**PENGARUH PENAMBAHAN EKSTRAK BUNGA
TELANG (*Clitoria ternatea L.*) TERHADAP
KARAKTERISTIK ES KRIM BUAH NIPAH (*Nypa
fruticans*)**

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PENGARUH PENAMBAHAN EKSTRAK BUNGA TELANG (*Clitoria ternatea L.*) TERHADAP KARAKTERISTIK ES KRIM BUAH NIPAH (*Nypa fruticans*)

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh penambahan ekstrak bunga telang (*Clitoria ternatea L.*) terhadap karakteristik es krim buah nipah. Penelitian ini menggunakan Rancangan Acak Lengkap (RAL) dengan 5 perlakuan dan 3 kali ulangan. Perlakuan yang digunakan yaitu ekstrak bunga telang dengan konsentrasi A (0%), B (5%), C (10%), D (15%), dan E (20%). Data yang diperoleh dianalisis secara statistika dengan ANOVA (Analysis of Variance) dan jika berbeda nyata maka analisis data dilanjutkan dengan uji DMRT (Duncan's New Multiple Range Test) pada taraf 5%. Hasil penelitian menunjukkan bahwa penambahan ekstrak bunga telang terhadap es krim buah nipah berpengaruh nyata pada taraf 5% terhadap aktivitas antioksidan, total polifenol, protein, total padatan, warna, waktu leleh, overrun, organoleptik rasa, dan total mikroba. Sedangkan penambahan ekstrak bunga telang tidak berpengaruh nyata pada taraf 5% terhadap organoleptik warna, aroma dan tekstur. Perlakuan terbaik pada penelitian ini adalah perlakuan D (penambahan ekstrak bunga telang 15%) dengan total protein 4,65%, aktivitas antioksidan 32,40%, total polifenol 321,59 mg GAE/g, total padatan 32,12%, overrun 32,45 %, waktu leleh 10,59 menit, warna 241,88 °Hue (biru) dan angka lempeng total $1,30 \times 10^5$ CFU/g, serta organoleptik warna 4,37 (suka), organoleptik aroma 3,77 (biasa), organoleptik rasa 3,53 (biasa) dan organoleptik tekstur 4,04 (suka).

Kata Kunci : Antioksidan, bunga telang, buah nipah, es krim .

THE EFFECT OF ADDITION OF BLUE-PEA FLOWER EXTRACT (*Clitoria ternatea* L.) ON THE CHARACTERISTICS OF NIPAH FRUIT ICE CREAM (*Nypa fruticans*)

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ABSTRACT

This study aims to determine the effect of adding butterfly pea flower extract (*Clitoria ternatea* L.) on the characteristics of nipah fruit ice cream. This study used a Completely Randomized Design (CRD) with 5 treatments and 3 replications. The treatments used were butterfly pea flower extract with concentrations A (0%), B (5%), C (10%), D (15%), and E (20%). The data obtained were analyzed statistically with ANOVA (Analysis of Variance) and if significantly different then the data analysis was continued with DMRT (Duncan's New Multiple Range Test) at the 5% level. The results showed that the addition of butterfly pea flower extract to nipah fruit ice cream had a significant effect at the 5% level on antioxidant activity, total polyphenols, protein, total solids, color, melting time, overrun, taste organoleptic, and total microbes. While the addition of butterfly pea flower extract did not have a significant effect at the 5% level on color, aroma and texture organoleptic. The best treatment in this study was treatment D (addition of 15% butterfly pea flower extract) with a total protein of 4.65%, antioxidant activity of 32.40%, total polyphenols of 321.59 mg GAE/g, total solids of 32.12%, overrun of 32.45%, melting time of 10.59 minutes, color of 241.88 0Hue (blue) and total plate count of 1.30×10^5 CFU/g, and organoleptic color of 4.37 (like), organoleptic aroma of 3.77 (normal), organoleptic taste of 3.53 (normal) and organoleptic texture of 4.04 (like).

Kata Kunci : Antioxidant, butterfly pea flower, Nipah fruit, ice cream

