LAPORAN PENELITIAN

ANALISIS PERBEDAAN NUTRISI PADA PRODUK GULA AREN (*ARENGA PINNATA*), GULA KELAPA (*COCUS NUCIFERA*) DAN GULA TEBU (*SACCHARUM OFFICINARUM*)

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ABSTRACT

Palm sugar, coconut sugar and cane sugar are products from processed palm plants which are commonly used as natural sweeteners. Apart from being useful as a sweetener, palm sugar, coconut sugar and granulated sugar also have many benefits for the body but research on the content of the three sugars is still lacking. The purpose of this study was to determine the macro and micro elements of palm sugar, coconut sugar and granulated sugar and then compare the macro and micro elements from palm sugar, coconut sugar and granulated sugar. The initial procedure of this study starts with the preparation of the raw materials, then analyzes the sample to determine the sugar content, water content, ash content, fat content, mineral content and antioxidant content. The results showed that the palm sugar product contained an ash content of 0.8%, a water content of 1.49%, a fat content of 4.67%, 89.94% sucrose, a reducing sugar of 7.2%, iron metal. amounted to 9.66 mg / kg, zinc metal was 1.28 mg / kg, copper metal was 1.51 mg / kg and contained antioxidants of 5.42 mg / g sample. Coconut sugar products contain ash content of 1.5%, water content of 0.78%, fat content of 12.28%, sucrose of 86.86%, reducing sugar of 8.25%, ferrous metal of 14.40 mg / kg, zinc metal is 1.56 mg / kg, copper metal is 0.9 mg / kg, manganese metal is 0.96 mg / kg and contains antioxidants of 3.62 mg / g sample. Meanwhile, sugarcane products contain an ash content of 0.045%, a water content of 0.02%, a fat content of 18.69%, 94.75% sucrose, an iron metal of 6.52 mg / kg, 1 zinc metal, 21 mg / kg, copper metal 0.98 mg / kg and contain antioxidants of 0.1 mg / g sample.

Keywords: palm sugar, coconut sugar, cane sugar