



**ANALISIS KADAR VITAMIN DAN MINERAL BUAH
SEGAR DAN MANISAN
KARIKA DIENG (*Carica pubescens* Lenne & K.Koch)**

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ABSTRACT

Key words: vitamine, mineral, karika dieng

Fruits are important to rendered food menu nutrient. Yet, fruits and vegetables are not the main mineral sources, several kind of fruits and vegetables contains FE, Ca and P. Fruit sweets is a kind of well-preserved fruit by sugar. One of the fruit can be made for fruit sweets is carica from Dieng. The making process of Sweets estimated the breakage possibility of Vitamine and mineral inside Carica. Research shows that the concentration of vitamine A, vitamine C, mineral, P, Fe at 5 different brand productions are less than fresh carica fruit itself. The concentration of vitamine C is decrease excessively because vitamine C is easily degraded by water, temperature, and pH. Whereas, vitamine A is decrease excessively because vitamine A is damaged while it is brought to the boil due to oxygen, furthermore in high temperature. Fresh fruit contains vitamine C 65,12 mg/100g, vitamine A 1771,1 µg/100 g, Ca 24 ppm, Fe 1,2 ppm, P 0,0254%. At 5 different brand production carica sweets contains vitamine C approximately 24-30mg/100g, vitamine A approximately 300-500 µg/100 g, mineral Ca approximately 5-9ppm, mineral Fe approximately 0,58-0,8ppm, and mineral P approximately 0,003-0,008 %. The length time of boiling process at the making process of carica sweets influence the concentration of vitamine C. The optimal time of boiling process with high concentration of vitamine C is 10 minute.