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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU *PEER REVIEW*
KARYA ILMIAH : JURNAL ILMIAH

Judul Artikel Ilmiah : Analisis Aktivitas Antioksidan, Analisis Kandungan Gizi, Uji Organoleptik *Snack Bar Sasame Seed* dan Tepung Labu Kuning sebagai Alternatif Makanan Selingan dengan Tinggi Antioksidan

Penulis Artikel Ilmiah : Afiyah Ratna Hastuti, **Diana Nur Afifah***

Status Pengusul : Penulis pertama/penulis anggota/**penulis korespondensi**

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c. Edisi (bulan/tahun) : Oktober/2019
d. Penerbit : Departemen Ilmu Gizi FK Undip
e. Jumlah halaman : 12
f. DOI artikel (Jika ada) : <https://doi.org/10.14710/jnc.v8i4.25835>
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KOMENTAR/ULASAN *PEER REVIEW*

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Ruang Lingkup dan Kedalaman Pembahasan	: Ruang lingkup penelitian analisis zat gizi, antioksidan, dan organoleptik <i>Snack Bar Sasame Seed</i> dan tepung labu kuning. Pembahasan mendalam dengan referensi 43 pustaka
Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian ekperimental di laboratorium dengan metode sesuai SNI untuk pangan olahan
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, no, tahun dan daftar isi

Semarang, 10 Januari 2020

Penilai 1



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Unit kerja : Fakultas Kedokteran

Bidang Ilmu : Ilmu Kedokteran

Jabatan/Pangkat : Guru Besar

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KOMENTAR/ULASAN *PEER REVIEW*

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Ruang Lingkup dan Kedalaman Pembahasan	: Ruang lingkup penelitian sesuai dengan bidang ilmu dengan menganalisis kandungan gizi, antioksidan, dan organoleptik pangan fungsional snack bar yang terbuat dari sesame seed dan labu kuning. Pembahasan mendalam dengan referensi > 70% pustaka primer
Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian ekperimental menggunakan metode yang sudah umum digunakan dalam penelitian pangan fungsional
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, no, tahun dan daftar isi dan terindeks di Sinta 3, namun belum DOAJ

Semarang, 7 Januari 2020

Penilai 2

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ANALISIS AKTIVITAS ANTIOKSIDAN, ANALISIS KANDUNGAN GIZI, UJI ORGANOLEPTIK SNACK BAR SESAME SEED DAN TEPUNG LABU KUNING SEBAGAI ALTERNATIF MAKANAN SELINGAN DENGAN TINGGI ANTIOKSIDAN

***Afiyah Ratna Hastuti** - Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Indonesia ([javascript:openRTWindow\('https://ejournal3.undip.ac.id/index.php/jnc/rt/emailAuthor/25835/0'\);](mailto:jnc@ejournal3.undip.ac.id))

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Abstract

Latar Belakang : Penyakit tidak menural termasuk dislipidemia menjadi masalah yang terus mengalami peningkatan. Hiperlipidemia termasuk dislipidemia mengakibatkan peningkatan produksi reaksi oksigen reaktif (ROS) dan mampu mempengaruhi enzim antioksidan pada reaksi anti-oksidatif serta berperan penting pada respon inflamasi. Snak bar sesame seed dan labu kuning mempunyai kandungan makro dan mikro nutrien yang patut dipertimbangkan. Tujuan penelitian ini adalah untuk menganalisis proksimat, aktivitas antioksidan, total fenol, dan tingkat penerimaan snack bar sesame seed dan tepung labu kuning.

Metode : Penelitian ini merupakan jenis eksperimental rancangan acak lengkap satu faktorial dengan 3 variasi persentase sesame seed (95%, 90%, dan 85%) dan tepung labu kuning (5%, 10%, dan 15%). Analisis statistik kandungan energi, karbohidrat, lemak, protein, serat, dan air menggunakan one way anova 95% dengan uji lanjut tukey dan kandungan total fenol, abu, dan aktivitas antioksidan menggunakan uji kruskal wallis dengan uji lanjut mann whitney, sedangkan tingkat penerimaan menggunakan kruskal wallis

Hasil : Kandungan energi dan makronutrien (karbohidrat, protein, lemak) tidak terdapat perbedaan terhadap formulasi snack bar sesame seed dan tepung labu kuning ($p>0,05$). Terdapat perbedaan kandungan serat, air, abu, aktivitas antioksidan, dan total fenol terhadap formulasi snack bar ($p<0,05$). Tingkat penerimaan dengan parameter warna, aroma, tekstur, dan rasa tidak terdapat perbedaan ($p>0,05$).

Simpulan: Formulasi snack bar terpilih adalah dengan persentasi 85% sesame seed dan 15% tepung labu kuning.

Keywords

sesame seed; snack bar; antioksidan; total fenol; analisa proksimat

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