PENGARUH PROSES PENYIMPANAN TERHADAP PROFIL GULA PEREDUKSI DALAM NASI DARI BERAS IR 64 Suatu Upaya Penggalian Pangan Fungsional Bagi Penderita Diabetes Mellitus

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ABSTRACT

Pungki Kusuma jayanti The research target is to study the influence of storage process on reducing sugar content of rice from Oryza sativa var. IR 64. The sample which were tested including rice stored with and without heating process. The analysis of reducing sugar content used Luff-Schoorl methode. The result showed that the rice which were kept during 12 hours and which were re-heated after kept-away 12 hours had reducing sugar content lower than fresh rice. At the same time, rice that heated at magic jar had highest reducing sugar content. Heating and storage process were influenced reducing sugar content of rice. It was suggested that the rice which were kept during 12 hours and which were re-heated after kept-away 12 hours had an opportunity as alternative carbohydrate source for diabetic patient.

Keyword : rice from Oryza sativa var. IR 64, reducing sugar content, Luff-Schoorl.