ABSTRACT

SUPRAPTI. The Retention Rate of Total Carotenoids, Protein, and Antioxidant Activity of Torbangun (Coleus amboinicus Lour) Cuisine. Under the Guidance of M. RIZAL M. DAMANIK.

Batak women in North Sumatra who consume Torbangun soup believe that it can stimulate the breast milk production. Until now information and use of Torbangun is still very limited. People need to know more about Torbangun apart from its benefit but also on the effect of cooking towards nutrients especially those sensitive to the total carotenoids and proteins as well as antioxidant activity. The purpose of this research was to study the effects of cuisine types on the retention of carotenoids, protein, and antioxidant activity of Torbangun cuisine. There are three types of Torbangun cuisine used in this study namely lodeh, pecel, and stir-fry. Chemical analysis conducted in this study include the analysis of water, fat, protein, ash, carbohydrate contents, total carotene, and antioxidant activity. The study used Complete Randomized Design (CRD). Data were analyzed using Analysis of Variance, Duncan, and independent T-Test. Cuisine types significantly affected the nutrient content of water, ash, carbohydrates, and carotene, while there were no significant effect of the nutrient content of fat, and protein then antioxidant activity. The contribution of vitamin A in the Torbangun cuisine (per serving) was more than 20% of the recommended reference Label Nutrition (ALG), so that these products can be categorized as high provitamin A. Independent T-Test results showed that the levels of crude carotene lodeh before and after cooking were significantly different (p <0.05), whereas carotene levels of pecel and stir-fry were not significantly different, as well as protein content and antioxidant activity before and after cooking (p > 0.05).

Keywords: Cuisine, Torbangun, carotene, protein, antioxidant activity