ABSTRACT

ZAHRA JUWITA. Formulation and Glycemic Index Values of Ganyong (Canna edulis Kerr.) Cookies. Under Direction of LILIK KUSTIYAH and MIRA DEWI.

Ganyong (Canna edulis Kerr.) is one of the local food products which is potential to be developed. Ganyong has high fiber content and its amylose content is higher than amylopectin, so it is estimated that to have low glycemic index value. However, until now there has been no study on the glycemic index value of ganyong. The aim of this study is to determine the glycemic index value of ganyong (Canna edulis Kerr.) cookies. There were 3 products that were analyzed for its glycemic index, in example standard cookies, ganyong cookies and boiled ganyong. Physical properties analyzed of control cookies and ganyong cookies were breaking strength and color degree. Chemical properties analyzed of standard cookies, ganyong cookies, and boiled ganyong were proximate analysis, amylose content, and total dietary fiber content. The study showed that ash content and amylose content of ganyong cookies were significantly higher (p<0.05) than control cookies. No significant found among other parameters. The glycemic index values of control cookies and ganyong cookies were 41 and 35 respectively, and were in the category of food with low glycemic index value. Boiled ganyong (GI=65) was in the category of food with medium glycemic index value. This study suggested that the use of ganyong in the making of cookies can decrease glycemic index of cookies.

Keyword: Ganyong cookies, ganyong flour, glycemic index, boiled ganyong