

BAB VI

KESIMPULAN DAN SARAN

6.1. Kesimpulan

1. Suhu perebusan menyebabkan penurunan kadar antosianin *flake* beras ketan hitam, kadar total fenolik dan kemampuan mereduksi ion Fe^{3+} *flake* beras merah dan ketan hitam.
2. Suhu perebusan tidak berpengaruh nyata pada kadar antosianin *flake* beras merah dan kemampuan menangkap radikal DPPH *flake* beras merah dan ketan hitam.
3. *Flake* beras merah dan ketan hitam perlakuan terbaik adalah *flake* beras merah dan ketan hitam dengan perlakuan suhu perebusan 80°C yang memiliki kadar antosianin berturut-turut sebesar $5,9 \pm 1,5$ dan $211,8 \pm 22,2$ μg *cyanidin-3-glucoside* ekuivalen/g sampel, kadar total fenolik berturut-turut sebesar $291,8 \pm 15,0$ dan $488,3 \pm 8,4$ μg ekuivalen asam galat/g sampel, kemampuan mereduksi ion Fe^{3+} berturut-turut sebesar $3,9 \pm 0,1$ dan $4,9 \pm 0,3$ mg Fe^{2+} ekuivalen/g sampel dan kemampuan menangkap radikal DPPH berturut-turut sebesar $49,51 \pm 2,14\%$ dan $46,73 \pm 1,44\%$.

6.2. Saran

1. Kadar antosianin, kadar total fenolik dan aktivitas antioksidan *flake* beras merah dan beras ketan hitam menurun selama proses pembuatan akibat perlakuan panas sehingga perlu dilakukan penelitian untuk mengetahui upaya yang dapat dilakukan untuk meminimalkan penurunan kadar antosianin, total fenolik dan aktivitas antioksidan *flake* beras merah dan ketan hitam.

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