

BAB V

KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Air seduhan bubuk beluntas dan teh hijau yang ditambahkan pada bakpao pada berbagai konsentrasi berpengaruh nyata terhadap total fenol, total flavonoid, kemampuan menangkal radikal bebas DPPH dan kemampuan mereduksi ion bakpao beluntas-teh hijau.
2. Bakpao beluntas teh hijau memiliki total fenol berkisar antara 0,1123-15,3447 mg GAE/ g sampel, total flavonoid berkisar antara 0,0045-1,2014 mg CE/g sampel, kemampuan menangkal radikal bebas DPPH berkisar antara 0,1049-1,2623 mg GAE/ g sampel dan kemampuan mereduksi ion besi berkisar antara 0,0526-1,4713 mg GAE/g sampel.
3. Hasil penelitian bakpao beluntas teh hijau memiliki korelasi kuat dan positif ($r > 0,8$) antara aktivitas antioksidan terhadap total fenol dan total flavonoid. Hasil penelitian menunjukkan bahwa air seduhan bubuk beluntas dan teh hijau pada konsentrasi tertentu dapat meningkatkan aktivitas antioksidan pada bakpao dan yang memiliki aktivitas antioksidan tertinggi adalah perlakuan P6. Bakpao beluntas-teh hijau dapat digolongkan sebagai antioksidan primer dan sekunder.

5.2. Saran

Perlu dilakukan pengujian lebih lanjut untuk mengetahui kandungan fitokimia secara spesifik pada bakpao beluntas-teh hijau.

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