Evaluation of Organoleptic Acceptability, Lactid Acid Bacteria Content, and Nutritional Composition of Purple Sweet Potato Yogurt

Nuke Vanessa, Yenni Okfrianti*, Risda Yulianti

Department of Nutrition, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

yeni@poltekkesbengkulu.ac.id (Yenni Okfrianti)

*Corresponding author

Abstract

Yogurt is a fermented drink with the main raw material is pure cow's milk. The addition of purple sweet potato extract can provide color and increase the content of yogurt and attract consumers. This research seeks to evaluate the organoleptic acceptability and analyze the presence of Lactic Acid Bacteria (LAB), protein content, fat content, and moisture content in yogurt enriched with purple sweet potato extract. This research is an experimental study employing a one-factor completely randomized design (CRD). The factor given the inclusion of purple sweet potato *(Ipomoea batatas)* extract with three treatment units F1 5%, F2 10% and F3 15%. Data obtained from organoleptic tests of color, aroma, taste, viscosity and overall by 30 panelists. The results of the organoleptic test showed that F3 was the best purple sweet potato *(Ipomoea batatas)* extract yogurt (addition of 15% purple sweet potato *(Ipomoea batatas)* extract Total Lactic Acid Bacteria (LAB) in yogurt with the inclusion of purple sweet potato *(Ipomoea batatas)* extract (F3) 2,47 × 10^8cfu/ml. Protein content in with the inclusion of purple sweet potato *(Ipomoea batatas)* extract (F3) 0,48%. Fat content in yogurt with the inclusion of purple sweet potato *(Ipomoea batatas)* extract (F3) 0,20%. Then the water content in yogurt with the inclusion of purple sweet potato *(Ipomoea batatas)* extract (F3) is 82,92%.

Keywords

Yogurt, Purple Sweet Potato, Extracts