

**Analisis Gula Total, Serat Pangan, Flavonoid Total, dan Aktivitas Antioksidan Kurma Impor Varietas *Medjool*, *Khalas*, *Ajwa*, dan *Deglet Noor***

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**ABSTRAK**

**Pendahuluan :** Buah kurma merupakan buah yang umum dibudidayakan di wilayah timur tengah. Kandungan pada kurma memiliki manfaat bagi kesehatan. Jenis kurma yang umum dikonsumsi oleh masyarakat Indonesia adalah kurma impor varietas *medjool*, *khalas*, *ajwa*, dan *deglet noor*.

**Tujuan :** Mengetahui kandungan gula total, serat pangan, flavonoid total, dan aktivitas antioksidan kurma impor varietas *medjool*, *khalas*, *ajwa*, dan *deglet noor*.

**Metode :** Penelitian observasional analitik terhadap kurma impor varietas *medjool*, *khalas*, *ajwa*, dan *deglet noor*. Uji gula total dilakukan dengan menggunakan metode *Nelson-Somogyi*, uji serat pangan menggunakan metode gravimetri enzimatis, uji flavonoid total menggunakan metode kolorimetri, dan analisis aktivitas antioksidan dengan metode DPPH. Analisis gula total, flavonoid total, dan aktivitas antioksidan menggunakan uji *Kruskal Wallis* dan uji lanjut *Mann Whitney*, sedangkan analisis serat pangan menggunakan uji *One Way ANOVA* dan uji lanjut *Tukey*.

**Hasil :** Kandungan gula total varietas kurma *medjool*, *khalas*, *ajwa*, dan *deglet noor* berkisar 20,357-46,096%, serat pangan 5,085-7,288%, flavonoid total 0,023-0,035 mgQE/g, dan aktivitas antioksidan 1507-2894 µg/mL. Hasil analisis data dari penelitian ini terdapat perbedaan yang signifikan pada gula total ( $p < 0,001$ ), serat pangan ( $p < 0,001$ ), flavonoid total ( $p < 0,001$ ), dan aktivitas antioksidan ( $p = 0,019$ ) antar varietas kurma.

**Simpulan :** Kandungan gula total tertinggi terdapat pada varietas *deglet noor* (46,096%), serat pangan tertinggi pada varietas *ajwa* (7,288%), flavonoid total tertinggi pada varietas *khalas* (0,033 mgQE/g), dan aktivitas antioksidan terbaik pada varietas *ajwa* (1507 µg/mL).

**Kata Kunci :** Kurma, gula total, serat pangan, flavonoid total, antioksidan.

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**Analysis of Total Sugar, Dietary Fiber, Total Flavonoids, and Antioxidant Activity of Imported Date Varieties *Medjool*, *Khalas*, *Ajwa*, and *Deglet Noor***

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**ABSTRACT**

**Introduction :** Dates are a common fruit cultivated in the Middle East. The content of dates has benefits for health. The types of dates consumed by Indonesians are imported varieties of medjool, khalas, ajwa, and deglet noor.

**Objective :** To determine the total sugar content, dietary fiber, total flavonoids, and antioxidant activity of imported medjool, khalas, ajwa, and deglet noor date varieties.

**Methods :** Analytical observational research on imported dates of medjool, khalas, ajwa, and deglet noor varieties. Total sugar using the Nelson-Somogyi method, dietary fiber using enzymatic gravimetric method, total flavonoids using the colorimetric method, and antioxidant activity analysis using DPPH method. Analysis of total sugar, total flavonoids, and antioxidant activity used Kruskal Wallis and Mann Whitney further test, while analysis of dietary fiber used One-Way ANOVA with Tukey further test.

**Results :** the total sugar content of medjool, khalas, ajwa, and deglet noor date varieties ranged from 20.357-46.096%; dietary fiber 5.085-7.288%; total flavonoids 0.023-0.035 mgQE/g, and antioxidant activity 1507-2894 µg/mL. The results of data analysis from this study showed significant differences in total sugar ( $p < 0.001$ ), dietary fiber ( $p < 0.001$ ), total flavonoids ( $p < 0.001$ ), antioxidant activity ( $p = 0,019$ ) between date varieties.

**Conclusion:** The highest total sugar content was found in the deglet noor variety (46.096%), the highest dietary fiber in the ajwa variety (7.288%), the highest total flavonoid in the khalas variety (0.033 mgQE/g), and the best antioxidant activity was possessed by the ajwa variety (1507 µg/mL).

**Keywords:** Dates, total sugar, dietary fiber, total flavonoids, antioxidants.

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