

ABSTRAK

VARIASI LAMA PENYIMPANAN *INFUSED WATER* BUAH LIMAU KUIT (*Citrus hystrix DC*) DAN JERUK NIPIS (*Citrus aurantifolia*) PADA SUHU RUANG TERHADAP ANGKA KUMAN

Norhafifah

Nurbidayah, Rizka Ayu Wahyuni

Infused water menjadi tren baru di dunia kesehatan, dikenal oleh masyarakat luas. Minuman ini adalah air yang diberikan buah, sayur hingga herbal berupa potongan sehingga sari yang terkandung di dalamnya keluar saat di rendam, memberi cita rasa manfaat bagi orang yang mengonsumsinya. Limau kuit dan jeruk nipis merupakan alternatif bagi yang kurang mengkonsumsi buah. Buah-buahan sangat rentan terserang bakteri patogen. Pertumbuhan mikroba dipengaruhi oleh: ketersediaan air, nutrisi dan ada atau tidaknya oksigen dalam suhu. Penelitian ingin mengetahui pengaruh variasi lama penyimpanan *infused water* buah limau kuit dan jeruk nipis terhadap angka kuman. Jenis penelitian yang digunakan adalah *Quasi Experiment*. Menggambarkan angka kuman pada *infused water* buah limau kuit dan jeruk nipis dengan *Total Plate Count*. Rata-rata hasil akan jumlah kuman tertinggi *infused water* limau kuit pada penyimpanan 48 jam suhu ruang $4,5 \times 10^1$ CFU/ml, terendah 0 jam dan 6 jam 1×10^0 CFU/ml dan rata-rata jumlah kuman tertinggi *infused water* jeruk nipis pada penyimpanan 48 jam suhu ruang $7,8 \times 10^1$ CFU/ml, terendah 0 jam dan 6 jam 1×10^0 CFU/ml yang masih memenuhi batas penuh cemaran mikroba sari buah (SNI) 1×10^4 koloni/ml. Dari uji *Kruskall Wallis* diperoleh nilai 0,443 yang dipahami bahwa tidak ada pengaruh lama penyimpanan *infused water* limau kuit dan jeruk nipis terhadap angka kuman.

Kata kunci : *Infused Water, Limau Kuit, Jeruk Nipis*

ABSTRACT

VARIATIONS IN STORAGE LENGTH *INFUSED WATER KUIT LIME (Citrus hystrix DC)* AND *LIME (Citrus aurantifolia)* AT ROOM TEMPERATURE AGAINST GERMS NUMBERS

Norhafifah

Nurbidayah, Rizka Ayu Wahyuni

Infused water has become a new trend in the world of health, known by the wider community. This drink is water that is given fruit, vegetables and herbs in the form of pieces so that the juice contained in it comes out when soaked, providing a beneficial taste for the person who consumes it. Limes and limes are an alternative for those who don't consume enough fruit. Fruits are very susceptible to attack by pathogenic bacteria. Microbial growth is influenced by: water availability, nutrients and the presence or absence of oxygen in temperature. The research wanted to know the effect of variations in the storage time of infused water for lime and lime fruit on germ numbers. The type of research used is Quasi Experiment. Describe the number of germs in the infused water of limes and limes using the Total Plate Count. The results of the research were that the highest average number of germs in infused lime water with 48 hour storage at room temperature was 4.5×10^1 CFU/ml, the lowest was 0 hours and 6 hours was 1×10^0 CFU/ml. The highest average number of germs in lime infused water at 48 hours of storage at room temperature was 7.8×10^1 CFU/ml, the lowest was 0 hours and 6 hours was 1×10^0 CFU/ml, still meeting the full limit of fruit juice microbial contamination (SNI) of 1×10^4 colonies/ml. From the Kruskall Wallis test, a value of 0.443 was obtained, which means that there is no effect on the storage time of lime and lime infused water on germ numbers.

Keywords : Infused Water, Kuit Lime, Lime