ABSTRAK

ANALISIS KADAR VITAMIN C PADA BUAH LECI SEGAR DAN BUAH LECI DALAM KALENG *(Litchi chinesis Sonn)* DENGAN METODE TITRASI IODIMETRI

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Buah litchi (*Litchi chinensis*) diketahui mengandung beragam vitamin yang berperan penting dalam menjaga kesehatan, salah satunya adalah vitamin C. Para ahli gizi mengemukakan bahwa asupan vitamin C dalam jumlah tinggi tergolong aman apabila bersumber dari bahan pangan alami, seperti buah dan sayuran. Penelitian ini bertujuan untuk menentukan keberadaan serta kadar vitamin C pada buah litchi segar dan produk litchi kalengan. Analisis kadar vitamin C dilakukan menggunakan metode titrasi iodometri. Hasil uji kualitatif menunjukkan bahwa baik sampel litchi segar maupun litchi kalengan memberikan respons positif terhadap keberadaan vitamin C. Berdasarkan hasil analisis kuantitatif, kadar vitamin C pada litchi kalengan untuk sampel A, B, C, D, dan E secara berturut-turut adalah sebesar 0,013%, 0,029%, 0,031%, 0,037%, dan 0,050%. Sementara itu, kadar vitamin C pada litchi segar diperoleh sebesar 0,127%. Selain itu, pengujian kuantitatif terhadap larutan standar vitamin C menunjukkan kadar sebesar 0,331%.

Kata kunci: Leci kaleng, Vitamin C, Iodimetri

ABSTRACT

ANALYSIS OF VITAMIN C LEVELS IN FRESH LYCHEE AND CANNED LYCHEE FRUIT (*Litchi chinesis* Sonn) BY IODIMETRIC TITRATION METHOD

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Litchi fruit (Litchi chinensis) is known to contain various vitamins that play an important role in maintaining health, one of which is vitamin C. Nutritionists have stated that high intakes of vitamin C are considered safe if sourced from natural foods, such as fruits and vegetables. This study aims to determine the presence and levels of vitamin C in fresh litchi fruit and canned litchi products. Analysis of vitamin C levels was carried out using the iodometric titration method. Qualitative test results showed that both fresh and canned litchi samples responded positively to the presence of vitamin C. Based on the results of quantitative analysis, the levels of vitamin C in canned litchi for samples A, B, C, D, and E were 0.013%, 0.029%, 0.031%, 0.037%, and 0.050%, respectively. Meanwhile, the vitamin C level in fresh litchi was 0.127%. In addition, quantitative testing of a standard vitamin C solution showed a level of 0.331%.

Keywords: Canned lychee, Vitamin C, Iodimetry