

# **PERBANDINGAN KANDUNGAN KARBOHIDRAT NASI MERAH DENGAN NASI PUTIH YANG DISIMPAN DAN DIMASAK DALAM PEMANAS *RICE COOKER***

**Nisa Rofiana <sup>1</sup>, Mia Nurkanti <sup>2</sup>, Ida Yuyu Nurul Hizqiyah <sup>3</sup>**

Universitas Pasundan

Jl. Tamansari No. 6 – 8 Bandung

Email: [Nissarofiana03@gmail.com](mailto:Nissarofiana03@gmail.com)

## ***ABSTRACT***

### ***Nisa Rofiana, 2018. COMPARISON OF THE CONNECTION OF RED CARBOHYDRATES WITH WHITE RICE STORED AND COOKED IN A RICE COOKER HEATER***

*The use of Rice Cookers can reduce the quality of food ingredients such as Nutrition in Food. Especially carbohydrates, the process of processing rice into rice using a rice cooker can remove nutrients contained in rice. Based on previous research there are differences in the decrease in carbohydrate levels even though it's not too much which is influenced by several factors that can reduce these levels. This study aims to determine the comparison of carbohydrate content in red rice with white rice using the Luff-School method, there are 6 treatments, namely variations in time including hours 0, 4,8,12,16 and 20. Observations show that brown rice has more carbohydrate content many are 43.18%, while white rice is 32.08%, but the durability and quality of brown rice stored in heaters is lower than white rice. based on ANOVA test analysis - One Way is known that can be concluded with significant results the longer the rice storage in the Rice Cooker, the rice Carbohydrate will Decrease.*

**Keywords:** *Rice, Rice cooker, Luff - School, Carbohydrates*