**PENETAPAN KADAR KALIUM, DAN MAGNESIUM DARI SAWI PAHIT ( *Brassica Jeincea* L) YANG DIKUKUS DAN DIREBUS**

**SECARA SPEKTROFOTOMETRI SERAPAN ATOM**

**ZAIDATUL AZMI TANJUNG**

**NPM. 152114138**

# ABSTRAK

Sawi pahit (*Brassica juncea* L) merupakan salah satu Komoditas sayuran yang penting di Indonesia. Walaupun sawi bukan merupakan tanaman asli Indonesia namun pengembangan komoditas tanaman berpola agribisnis dan agroindustri ini dapat dikategorikan sebagai salah satu sumber pendapatan dalam sector pertanian di Indonesia. Sawi dapat di manfaatkan sebagai sayuran atau lalapan dalam bentuk masak. Sawi pahit segar mengandung vitamin A, vitamin B, dan sedikit vitamin C.

Penelitian ini bertujuan untuk mengetahui kadar mineral kalium, dan magnesium, yang terdapat dalam sawi pahit kukus dan rebus, serta mengetahui persentase penurunan kadar mineralnya setelah direbus dan dikukus.

Sampel sawi pahit didestruksi basah, kemudian dilakukan analisis kuantitatif kalium, kalsium, danmagnesium dengan menggunakan metode spektrofotometri serapan atom (AAS) pada panjang gelombang yaitu kalsium pada panjang gelombang 422,7 nm; magnesium pada panjang gelombang 285,2 nm. Hasil penelitian di peroleh,Pada sawi pahit kukus kadar kalium sebesar (28,6417± 1,6460 ) mg/100g; dan kadar magnesium sebesar (2,7483± 0,1129) mg/100g. Sedangkan pada sawi pahit rebus diperoleh kadar kalium sebesar (19,82± 1,4180) mg/100g; dan kadar magnesium sebesar (1,1683± 0,1665) mg/100g.

***Kata kunci:*** *Kadar Sawi Pahit Kukus, Sawi Pahit Rebus, Kalium, Dan Magnesium, Spektrofotometri Serapan Atom.*

**DETERMINATION OF POTASSIUM AND MAGNESIUM CONDITIONS FROM SAWI BITTER (*Brassica Jeincea* L)**

**STEAMED AND BOILED BY ATOMIC ABSORPTION**

**ZAIDATUL AZMI TANJUNG**

**NPM. 152114138**

# ABSTRACT

Mustard greens (*Brassica juncea* L) is one of the important vegetable commodities in Indonesia. Although mustard greens are not native to Indonesia, the development of agribusiness and agro-industrial patterned plant commodities can be categorized as a source of income in the agricultural sector in Indonesia. Sawi can be used as vegetables or fresh vegetables in cooked form. Fresh mustard greens contain vitamin A, vitamin B, and a little vitamin C.

This study aims to determine the mineral content of potassium and magnesium contained in steamed and boiled bitter cabbage, and to determine the percentage reduction in mineral content after boiling and steaming.

Samples of mustard greens were wet digestion, then quantitative analysis of potassium, calcium and magnesium was carried out using atomic absorption spectrophotometry (AAS) at a wavelength, namely calcium at a wavelength of 422.7 nm; magnesium at a wavelength of 285.2 nm. The results of the study were obtained, in steamed mustard greens, the potassium content was (28.6417 ± 1.6460) mg / 100g; and magnesium levels of (2.7483 ± 0.1129) mg / 100g. Meanwhile, in boiled mustard greens, potassium levels were obtained (19.82 ± 1.4180) mg / 100g; and magnesium levels (1.1683 ± 0.1665) mg / 100g.

***Keywords:*** *Levels of Steamed Bitter Mustard, Boiled Bitter Mustard, Potassium, and Magnesium, Atomic Absorption Spectrophotometry..*