

CHAPTER 4

New Product Overview

4.1 Materials nutrition raws

1. Lemon skin

Nutrition Facts		
Serving Size: 1 tbsp (6g)		
Amount Per Serving		
Calories	3	Calories from Fat 0
		% Daily Value*
Total Fat	0.02 g	0%
Saturated Fat	0 g	0%
Trans Fat		
Cholesterol	0 mg	0%
Sodium	0.36 mg	0%
Potassium	9.6 mg	0%
Total Carbohydrate	0.96 g	0%
Dietary Fiber	0.64 g	3%
Sugars	0.25 g	
Sugar Alcohols		
Protein	0.09 g	
Vitamin A	3 IU	0%
Vitamin C	7.74 mg	13%
Calcium	8.04 mg	1%
Iron	0.05 mg	0%

Picture 18. Lemon skin nutrition

(Anonymous, 2018)

We all want to reduce our levels of oxidative stress. Lemon peels contain citrus bioflavonoids which are very powerful at reducing your levels of oxidative stress. This portion of the lemon also aid in eradicating toxic elements in the body and removing carcinogenic elements. Lemons have been used to prevent and treat cancer. Lemons are anti-microbial and ward off against bacterial infections and fungi. (Lori,2013)

According to USDA National Nutrient Database for Standart Reference every 110 grams of lemon zest contains 134 mg of calcium, every 110 grams of lemon peel contains 160 mg of mineral potassium, every 110 grams of lemon zest contains 129 mg of vitamin c, every 110 grams of lemon peel contains 10.6 grams fiber and every 110gr of lemon peel contain 47 calories with sodium 6mg.

2. Salt

Nutrition Facts	
Serving Size 1/4 teaspoon (0.9g)	
Servings Per Container 81	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Protein 0g	
<small>Not a significant source of saturated fat, trans fatty acids, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.</small>	


Picture 19. Salt nutrition facts

(Anonymous,2018)

Salt is a compound made up of about 40 percent sodium and 60 percent chloride. Sodium is an essential nutrient, but vegetables and other natural foods provide the small amounts of sodium you need in your diet. If you consume too much, it can cause water retention, and your body may respond by raising your blood pressure to push the excess fluid and salt out of your system. (Anonymous, 2018).

Humans seem to be genetically programmed to eat ten times less sodium than we do now. Many so-called low-salt diets can actually be considered high-salt diets. That's why it's critical to understand what the concept of "normal" is when it comes to sodium. Having a "normal" salt intake can lead to a "normal" blood pressure, which can contribute to us dying from all the "normal" causes, like heart attacks and strokes. (Anonymous,2018).

3. Sugar



SUGAR <i>Calories</i>	
Nutrition Facts	
<i>Sugar(1 tea spoon raw)</i>	
Total Calories 16.3	Carbohydrates 4.2
Potassium 0.1mg	
Sugar(2 cubes) 19.4 calories	
Sugar(1 gram) 3.9 calories	
Sugar(1 oz) 109 calories	
Sugar(1 lb) 1775 calories	
Sugar(1 kg) 3870 calories	
Sugar(9 teaspoons - 36 g) 150 calories	

Picture 20. Sugar nutrition fact

(Anonymous,2018)

'Sugars' is the name for all types of sugars found in nature, including sugar (sucrose), glucose, and fructose found in plant products, as well as lactose found in milk. Sugars can also be manufactured from other foods such as corn starch (e.g. high fructose corn syrup, dextrose, maltodextrin) and concentrated fruit juice sweeteners. (Anonymous,2018)

All 'sugars' are part of the carbohydrate family and provide 4 Calories of energy per gram. This translates to 16 Calories for 1 tsp (4 g) of sugar (sucrose). (Anonymous, 2018)

4. Cinnamon

Nutrition Facts	
51 servings per container	
Serving size	1 tsp.
Amount Per Serving	
Calories	5
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.18mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Picture 21. Cinnamon powder nutrition fact

(Anonymous,2018)

There are a lot benefit of cinnamon powder, The antioxidants in cinnamon have anti-inflammatory effects, which may help lower the risk of heart disease, cancer, brain function decline and more. Researchers have identified over seven kinds of flavonoid compounds alone in cinnamon, which are highly effective at fighting dangerous inflammation levels throughout the body.(Anonymous,2018).

Because cinnamon lowers swelling and inflammation, it can be beneficial in pain management, with studies showing that cinnamon helps to relive muscle soreness, PMS pains, severity of allergic reactions and other age-related symptoms of pain too.(Anonymous,2018).

5. Soda water

Nutrition Facts	
Serving size 1 Can	
Amount per serving	
Calories	0
% DV*	
Total Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Not a significant source of other nutrients.	
* DV = % Daily Value	

Picture 22. Soda water nutrition facts

(Anonymous,2018)

Carbonated water contains small amounts of calcium, magnesium, potassium and iron. One 8-ounce serving of this drink contains 50 milligrams of sodium, so keep this in mind if you are following a low-sodium diet. One serving will not increase your sodium intake very much, but drinking four or five 8-ounce servings of club soda per day will add an extra 200 to 250 milligrams of sodium to your diet. (Anonymous, 2018)

6. Cooking oil

Nutrition Facts	
Serving Size: 1 sdm (11ml)	
Amount Per Serving	
Calories 90	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Polyunsaturated Fat 4g	
Monounsaturated Fat 1g	
Cholesterol -	
Sodium -	
Total Carbohydrate 0g	0%
Dietary Fiber -	
Sugars -	
Protein 0g	
Vitamin A -	Vitamin C -
Calcium -	Iron -
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Picture 23. Cooking oil nutrition facts

(Anonymous,2018)

Palm oil contains more saturated fats than canola oil, corn oil, linseed oil, soybean oil, safflower oil, and sunflower oil. Therefore, palm oil can withstand deep frying at higher temperatures and is resistant to oxidation compared to high-polyunsaturated vegetable oils. Since about 1900, palm oil has been increasingly incorporated into food by the global commercial food industry because it remains stable in deep frying, or in baking at very high temperatures, and for its high levels of natural antioxidants, though the refined palm oil used in industrial food has lost most of its carotenoid content (and its orange-red color).(Anonymous, 2018).

Table 1. Nutrition fact

NO	INGREDIENTS	NUTRITION FACT						
		CALORIES	CALCIUM	VITAMIN C	CARBS	SODIUM	FAT	POTASSIUM
1	Lemon Skin	47 g	134 g	129 mg	10,6 g	6 mg	-	160 mg
2	Sugar	32,6 g	-	-	8,4 g	-	-	-
3	Cooking Oil	90 g	-	-	-	-	10 g	-
4	Cinnamon Powder	5 g	-	-	2 g	-	-	-
Total		174,6 g	134 g	129 mg	21 g	6 mg	10 g	160 mg

4.2 Hazard Analysis and Critical Control Points (HACCP)

In our home industry, besides we talk about qualities of the product, we also pay attention about the making process. There are some critical points in making process, which are :

1. Soaking process

While our ingredients lemon skin is on soaking process, we soak the lemon skin for 1 night, in that case bacteria can easily come inside the lemon soaking. So to prevent from the bacteria, while soaking we cover the bowl with plastic wrap. By doing that there will be no air come inside easily.

2. Sun drying method

Our product applied the sun drying method and our product will be dried outside. as we can see nowadays there are a lot of pollution in the street. So to prevent the pollution, we dry our lemon skin far from the street, we put it in roof tile where we can still reach it. We want to create homemade snack but also safe to consume by our consumer.

3. Package

Our packaging will be used Ziploc packaging. Before we put our product into the packaging, we make sure the packaging is clean and sterilized.