

Popular Mushroom Varieties



White Button	Crimini	Portabella	Enoki	Oyster	Maitake	Shiitake
The most popular mushroom. In fact, they represent about 90% of mushrooms consumed in the United States.	Baby portabellas, similar in appearance to whites, but have a light tan to rich brown cap and a firmer texture.	A larger relative of crimini. They have tan or brown caps and measure up to 6 inches in diameter.	Tiny, button-shaped caps and long spindly stems.	Can be gray, pale yellow or even blue, with a velvety texture.	Appear rippling and fan-shaped, without caps. They are also called “Hen of the Woods.”	Tan to dark brown and have broad, umbrella-shaped caps, wide open veils, tan gills, and curved stems that should be removed. They have a meaty texture.
Flavor						
They have a fairly mild taste and blend well with almost anything. Their flavor intensifies when cooked.	They have a deeper, earthier flavor than whites.	They have a deep, meat-like texture and flavor.	They are mild tasting and crunchy.	Oysters have a very delicate flavor.	Maitake have a distinctive aroma and a rich, woody taste.	They are rich and woody when cooked.
Uses						
They can be sautéed or cooked any way or enjoyed raw in salads.	Sauté, broil, microwave or cook almost any way.	They can be grilled, broiled or roasted and served as appetizers, entrees or side dishes.	Before using, trim roots at cluster base. Separate stems before serving.	Sauté with butter and onions to bring out their flavor.	Sauté lightly in butter or oil.	Taste best when cooked.
Preparation						
Try them sliced and sautéed on pizza, in pasta, quesadillas or cheeseburgers.	Their hearty, full-bodied taste makes them an excellent addition to beef, wild game and vegetable dishes.	Their hearty taste and texture makes them a flavorful vegetarian alternative – grill and serve them as “burgers” on toasted buns.	Try them raw in salads and sandwiches. Or use them as an ingredient in soups, such as a stock made with soy sauce and tofu.	Try over linguine with sliced steak and red peppers, sprinkled with grated Parmesan cheese.	For a richer taste in any recipe calling for mushrooms, use maitakes. They can be a main dish ingredient, or used in side dishes and soups.	They add a meaty flavor and texture to stir-fry, pastas, soups, entrees and sides.

Mushroom Nutrition Information

Nutrient ^{1,2,3}	White	White, cooked	Crimini	Portabella	Enoki	Oyster	Maitake	Shiitake, cooked
Calories	18.5	24	18.5	18	31	28	26	47
Fat gm (% Daily Value)	0.3 (0%)	0.4 (1%)	0.1 (0%)	.3 (0%)	0.2 (0%)	0.3 (0%)	0.2 (0%)	0.2 (0%)
Total Carbohydrate gm (% Daily Value)	2.8 (1%)	4.5 (2%)	3.6 (1%)	3.3 (1%)	6.6 (2%)	5.1 (2%)	5.9 (2%)	12.1 (4%)
Total Fiber gm (% Daily Value)	.8 (3%)	1.8 (7%)	0.5 (2%)	1.1 (4%)	2.3 (9%)	1.9 (8%)	2.3 (9%)	1.8 (7%)
Protein gm (% Daily Value)	2.6 (5%)	1.8 (4%)	2.1 (4%)	1.8 (4%)	2.2 (4%)	2.8 (6%)	1.6 (3%)	1.3 (3%)
Sodium mg (% Daily Value)	15 (0%)	2 (0%)	5 (0%)	8 (0%)	3 (0%)	15 (1%)	1 (0%)	3 (0%)
Potassium mg (% Daily Value)	267.1 (8%)	299 (9%)	376 (11%)	306 (9%)	302 (9%)	353 (10%)	171 (5%)	98 (3%)
Copper mg (% Daily Value)	0.3 (15%)	0.4 (20%)	0.4 (20%)	0.3 (15%)	0.1 (5%)	0.2 (10%)	0.3 (15%)	0.8 (40%)
Folate µg (mcg) (% Daily Value)	14.3 (4%)	15 (4%)	21 (5%)	24 (6%)	40 (10%)	32 (8%)	18 (4%)	18 (4%)
Iron mg (% Daily Value)	0.4 (2%)	1.4 (8%)	0.3 (2%)	0.3 (2%)	1 (6%)	1.1 (6%)	0.3 (2%)	0.4 (2%)
Magnesium mg (% Daily Value)	7.6 (2%)	10 (3%)	8 (2%)	8.4 (2%)	13 (3%)	15 (4%)	8 (2%)	12 (3%)
Niacin mg (% Daily Value)	3 (15%)	3.8 (19%)	3.2 (16%)	3.8 (19%)	5.9 (30%)	4.2 (21%)	5.5 (28%)	1.3 (7%)
Pantothenic Acid mg (% Daily Value)	1.3 (13%)	1.8 (18%)	1.3 (13%)	.9 (9%)	1.2 (12%)	1.1 (11%)	0.3 (3%)	3 (30%)
Riboflavin mg (% Daily Value)	0.3 (15%)	0.3 (15%)	0.4 (20%)	0.1 (5%)	0.2 (10%)	0.3 (15%)	0.2 (10%)	0.1 (10%)
Selenium µg (mcg) (% Daily Value)	7.8 (11%)	10 (14%)	21.8 (31%)	15.6 (22%)	1.8 (3%)	2.2 (3%)	1.8 (3%)	20.8 (30%)
Thiamin mg (% Daily Value)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.2 (10%)	0.1 (5%)	0.1 (5%)	0.03 (2%)
Vitamin B6 mg (% Daily Value)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.04 (5%)	0.1 (10%)
Vitamin D IU (% Daily Value)	5.9 (1%)	7 (2%)	2.5 (1%)	8 (2%) 375 (94%)**	4 (1%)	24 (6%)	943 (236%)	24 (6%)
Zinc mg (% Daily Value)	0.4 (3%)	0.7 (5%)	.9 (6%)	0.4 (3%)	0.6 (4%)	0.7 (5%)	0.6 (4%)	1.1 (7%)

1. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. www.ars.usda.gov/nutrientdata. See Web site for complete nutritional data and for nutrient data for mushrooms in a cooked state. USDA values are not for labeling purposes. Nutrition Facts label declarations by individual brands may vary.

2. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2011. USDA National Nutrient Database for Standard Reference, Release 24. www.ars.usda.gov/nutrientdata. See Web site for complete nutritional data and for nutrient data for mushrooms in a cooked state. USDA values are not for labeling purposes. Nutrition Facts label declarations by individual brands may vary.

3. Based on FDA reference serving size of 84 g of mushrooms.

4. Based in the reference serving amount. 10-19% of the Daily Value (% DV) is a "good source" of the nutrient. 20% or more of the Daily Value us a "high, rich in or excellent source" of the nutrient.

*Not a significant source of saturated fat, trans fat, cholesterol, sugars, vitamin A and calcium.

**UV-B Exposed Portabella Mushroom. All other nutritional values remain unchanged.