

# Versatility In Varieties

White button mushrooms are by far the most popular mushroom variety, representing more than 80% of the mushrooms consumed in the United States. If you haven't tried a mushroom before, white buttons are great to start with, but there are many other mushroom varieties with different flavor profiles and culinary applications.



## GET TO KNOW YOUR 'SHROOMS

### Type

### Appearance

### Taste

### Culinary Use

### Nutrition

#### WHITE BUTTON



Classic appearance with a short, thick stalk and a white cap.

Fairly mild; blends well with most flavors. Flavor intensifies when cooked.

Try them raw on salads, or sautéed or roasted for pasta, pizza and mains. Blend well with chicken, turkey or pork.

One serving of five medium mushrooms is an excellent source of the B vitamins riboflavin (28% DV), niacin (20% DV), pantothenic acid (27% DV) and copper (32% DV). Also contains 2.8mg of ergothioneine and 4 mg of ergothioneine per 100 g serving.<sup>1</sup>

#### CRIMINI



Similar in appearance to whites but have a light tan to rich brown cap and a firmer texture.

Deeper, earthier, heartier flavor than white buttons.

Full-bodied taste makes them the perfect addition to beef, wild game and vegetable dishes. Blend well with ground beef.

Four crimini mushrooms or one serving is an excellent source of copper (44% DV), selenium (38% DV) and B vitamins riboflavin (30% DV) and pantothenic acid (24% DV). Also contains 1 mg of ergothioneine per 100 g serving.<sup>1</sup>

#### PORTABELLA



A larger relative of criminis, portabellas have tan or brown caps and measure up to 6 inches in diameter.

Deep, meat-like flavor and texture.

Can be grilled, broiled or roasted and served as an appetizer, entrée or sidedish. A flavorful vegetarian alternative, can grill and serve as "burgers." Blends well with ground beef.

One whole portabella cap is an excellent source of copper (27% DV), selenium (28% DV) and niacin (24% DV) and contains 2 mg of ergothioneine per 100 g serving.<sup>1</sup>



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#### MAITAKE



A wild, rippling, feathery look with fan-like caps.

Rich, woody taste.

Grill or broil maitake mushrooms as high heat develops their characteristic flavor.

One serving of 1 cup diced maitake mushrooms is an excellent source of copper (20% DV) and niacin (31% DV), and contains 2 mg ergothioneine per 100 g serving.<sup>1</sup>

#### SHIITAKE



Tan to dark brown in color, have broad, umbrella-shaped caps, wide open veils, tan gills and curved stems that should be removed.

Meaty texture and rich in umami and woody flavors when cooked.

Add a meaty flavor and texture to soups, sides, stir-fries and entrees. Use shiitakes in any recipes calling for mushrooms, but they especially work well when paired with Asian-inspired flavors.

Four whole shiitake mushrooms are an excellent source of vitamin B5 (pantothenic acid) at 23% DV and a good source of riboflavin (13% DV) with 11 mg ergothioneine per 100 g serving.<sup>1</sup>

#### OYSTER



Can be gray, pink, pale yellow, or even blue with a soft, velvety texture.

Very delicate, almost seafood-like flavor, hence the name oyster.

Tender, oyster mushrooms cook very quickly, making them a great option for quick meals like stir-fries and simple soups.

One cup of sliced or torn oyster mushrooms is an excellent source of B vitamins including niacin (25% DV) and riboflavin (24% DV).<sup>1</sup> Oyster mushrooms also contain the highest amount (14 mg) of ergothioneine compared to other cultivated mushrooms, per 100 g serving.<sup>1</sup>

<sup>1</sup> U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://fdc.nal.usda.gov)

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