

Popular Mushroom Varieties

White White Button



Crimini Cremini



Portabella Portobello



Enoki



Oyster



Maitake



Shiitake



White

The most popular mushroom. In fact, they represent about 90 percent of mushrooms consumed in the United States.

Flavor

They have a fairly mild taste and blend well with almost anything. Their flavor intensifies when cooked.

Preparation

They can be sautéed or cooked any way or enjoyed raw in salads.

Uses

Try them sliced and sautéed on pizza, in pasta, quesadillas or cheeseburgers.

Crimini

Baby portabellas, similar in appearance to whites, but have a light tan to rich brown cap and a firmer texture.

Flavor

They have a deeper, earthier flavor than whites.

Preparation

Sauté, broil, microwave or cook almost any way.

Uses

Their hearty, full-bodied taste makes them an excellent addition to beef, wild game and vegetable dishes.

Portabella

A larger relative of crimini. They have tan or brown caps and measure up to 6 inches in diameter.

Flavor

They have a deep, meat-like texture and flavor.

Preparation

They can be grilled, broiled or roasted and served as appetizers, entrees or side dishes.

Uses

Their hearty taste and texture makes them a flavorful vegetarian alternative – grill and serve them as “burgers” on toasted buns.

Enoki

Tiny, button-shaped caps and long spindly stems.

Flavor

They are mild tasting and crunchy.

Preparation

Before using, trim roots at cluster base. Separate stems before serving.

Uses

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.

Oyster

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

Flavor

Oysters have a very delicate flavor.

Preparation

Sauté with butter and onions to bring out their flavor.

Uses

Try over linguine with sliced steak and red peppers, sprinkled with grated Parmesan cheese.

Maitake

Appear rippling and fan-shaped, without caps. They are also called “Hen of the Woods”

Flavor

Maitake have a distinctive aroma and a rich, woody taste.

Preparation

Sauté lightly in butter or oil.

Uses

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.

Shiitake

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 are rich and woody when cooked.

Preparation

Taste best when cooked.

Uses

They add a meaty flavor and texture to stir-fry, pastas, soups, entrees and sides.

Mushroom Nutrition Information

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Nutrient ^{1,2,3}	White	White, cooked	Crimini	Portabella	Enoki	Oyster	Maitake	Shiitake, cooked
Calories	18	24	18	18	31	28	26	47
Fat gm (% Daily Value)	0.3 (0%)	0.4 (0%)	0.1 (0%)	0 (0%)	0.2 (0%)	0.3 (0%)	0.2 (0%)	0.18 (0%)
Total Carbohydrate gm (% Daily Value)	2.7 (1%)	4.4 (1%)	3.6 (1%)	3.3 (1%)	6.6 (2%)	5.1 (2%)	5.9 (2%)	12.1 (4%)
Total Fiber gm (% Daily Value)	0.8 (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)	4 (0%)	2 (0%)	5 (0%)	8 (0%)	3 (0%)	15 (1%)	1 (0%)	3 (0%)
Potassium mg (% Daily Value)	267 (8%)	299 (9%)	376 (11%)	306 (9%)	302 (9%)	353 (10%)	171 (5%)	98 (3%)
Copper mg (% Daily Value)	0.3 (15%)	0.4 (21%)	0.4 (20%)	0.2 (10%)	0.1 (5%)	0.2 (10%)	0.2 (10%)	0.8 (38%)
Folate µg (mcg) (% Daily Value)	13 (3%)	15 (4%)	21 (5%)	24 (6%)	40 (10%)	32 (8%)	18 (5%)	18 (5%)
Iron mg (% Daily Value)	0.4 (2%)	1.5 (8%)	0.3 (2%)	0.3 (2%)	1.0 (6%)	1.1 (6%)	0.3 (2%)	0.4 (2%)
Magnesium mg (% Daily Value)	8 (2%)	10 (3%)	8 (2%)	8 (2%)**	13 (3%)	15 (4%)	8 (2%)	12 (3%)
Niacin mg (% Daily Value)	3 (15%)	3.7 (19%)	3.2 (16%)	3.8 (19%)	5.9 (30%)	4.2 (21%)	5.5 (28%)	1.3 (6%)
Pantothenic Acid mg (% Daily Value)	1.3 (13%)	1.8 (18%)	1.3 (13%)	1.0 (10%)	1.1 (11%)	1.1 (11%)	0.2 (2%)	3.0 (30%)
Riboflavin mg (% Daily Value)	0.3 (18%)	0.3 (15%)	0.4 (24%)	0.1 (6%)	0.2 (12%)	0.3 (18%)	0.2 (12%)	0.1 (8%)
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 (7%)	0.1 (4%)	0.1 (7%)	0.1 (7%)	0.2 (13%)	0.1 (7%)	0.1 (7%)	0.03 (2%)
Vitamin B6 mg (% Daily Value)	0.1 (5%)	0.1 (4%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0.1 (5%)	0 (0%)	0.1 (7%)
Vitamin D IU (% Daily Value)	6 (2%)	7 (2%)	3 (1%)	8 (2%) / 375 (94%)**	4 (1%)	24 (6%)	943 (236%)	26 (7%)
Zinc mg (% Daily Value)	0.4 (3%)	0.7 (5%)	0.9 (6%)	0.5 (3%)	0.6 (4%)	0.7 (4.7%)	0.6 (4%)	1.1 (7%)

1. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2010. USDA National Nutrient Database for Standard Reference, Release 23. 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. Based on FDA reference serving size of 84 g of mushrooms.

3. 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.