

Versatility In Varieties

White button mushrooms are by far the most popular mushroom variety, representing 90 percent of mushrooms consumed in the United States. Have you ever run into a shopper that claims to dislike white button mushrooms? Well, what if you had another whole arsenal of mushrooms you could recommend, all with unique taste 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 (5 medium mushrooms) are an excellent source of the B vitamins riboflavin (28%), niacin (20%), pantothenic acid (27%) and copper (32%) ¹ and contain 2.8mg of ergothioneine ² .
Crimini (also known as baby ‘bellas or browns) 	Similar in appearance to whites but have a light-tan to rich-brown cap and a firmer texture.	Deeper, earthier, heartier flavor than whites buttons.	Full-bodied taste makes them the perfect addition to beef, wild game and vegetable dishes. Blends well with ground beef.	Four crimini mushrooms (one serving) is an excellent source of copper (44%), selenium (38%) and B vitamins riboflavin (30%) and pantothenic acid (27%) ¹ , and contain 4.9mg of ergothioneine ² .
Portabella 	A larger relative of criminis, portabellas have tan or brown caps and measure up to six inches in diameter.	Deep, meat-like flavor and texture.	Can be grilled, broiled or roasted and served as an appetizer, entrée or side dish. A flavorful vegetarian alternative, can grill and serve as “burgers”. Blends well with ground beef.	One piece of a whole portabella is an excellent source of copper (27%), selenium (28%) and niacin (24%) ¹ , and contain 4.3mg of ergothioneine ² .

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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 (1 cup diced) of maitake mushrooms offers nearly a full day's recommended allowance of vitamin D (99%) and is an excellent source of copper (20%) and niacin (29%) ¹ .
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 are 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 raw shiitake mushrooms are a good source of riboflavin (13%) and copper (12%), but when you turn up the heat and consume them cooked copper goes up 72% and pantothenic acid and selenium go up to 52% and 33%, respectively ¹ .
Enoki 	Tiny, button-shaped caps and long, spindly stems.	Mild tasting and crunchy.	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.	One serving (17 large enoki mushrooms) are an excellent source of B vitamins niacin (37%) and pantothenic acid (23%) as well as a good source of riboflavin (13%) and folate (10%).
Oyster 	Can be gray, pale yellow, or even blue, with a soft, velvety texture.	Very delicate flavor.	Delicate and tender, oyster mushrooms cook very quickly, making them a great option for quick meals like stir-frys, and simple soups.	A single serving of six small oyster mushrooms are an excellent source of B vitamins riboflavin (24%), pantothenic acid (23%) and niacin (28%) ¹ .

1. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. 2. Dubost, N.J., et al. (2006). Identification and quantification of ergothioneine in cultivated mushrooms by liquid chromatography-mass spectroscopy. International Journal of Medicinal Mushrooms, 2006. 8;3. pg 221. Table 3.