



Mushroom, Portabella

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Selection: Look for mushrooms that are well-formed and are free of slime or decay.
- Washing: Don't wash mushrooms before storing them because if mushrooms absorb excess water they will soften. When ready to use, quickly rinse in cool water and drain. Shake gently to remove excess water and pat dry.

Storage/Handling:

- Storage: Keep mushrooms in the original packaging until ready to use. Once opened store unwashed fresh mushrooms in a brown paper bag in the refrigerator. Fresh, raw mushrooms should never be frozen.

- Dehydration; general deterioration: Fresh mushrooms may exhibit dehydration or general deterioration if they are stored in an area with low humidity.
- Bruising: Rough handling may cause bruising of mushrooms. Keep handling to a minimum. Do not stack heavy produce on top of fresh mushrooms.
- Dark spotting; slimy texture: Indication of improper storage conditions. Do not sprinkle mushrooms with water or place in plastic bags.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: Yes

- Outside Coloring: Brown - dark brown.
- Usage: Grilled, roasted or quickly sauteed, Portabella mushrooms can stand in for everything from steak to burgers. Quickly sauteed, they also add flavor to pastas, pizzas, salads, and soups.
- Flesh Description: Meat-like texture.
- Variety AKA/Synonyms: Portabello, Portobello, Giant Crimini.
- Taste: Rich, meaty flavor.
- Shape: Round caps with small, thick stems.
- Skin Texture: Smooth, tender texture; brown in color.

Nutrition Facts

Serving Size: 1 cup diced

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 19		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 8 mg		0%
Total Carbohydrates 3 g		3%
Dietary Fiber 1g		4%
Sugars 2g		
Protein 2g		4%
Potassium 313mg		7%
Vitamin A 0%	Vitamin C 3%	
Calcium 0%	Iron 1%	

*Percent Daily Values are based on a 2,000-calorie diet.