



Mushroom, White

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 - maintain humidity level of 90-98%.
- 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

- Shape: Caps are round, and the stems are long and cylindrical.
- Taste: Mild
- Usage: Excellent on top of salads, grilled, served as a cooked meal, or sauteed.
- Outside Coloring: Light brown stem with a dark brown cap.
- Skin Texture: Smooth.

Nutrition Facts

Serving Size: 1 cup pieces or slices

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 15		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 1mg		0%
Total Carbohydrates 2g		2%
Dietary Fiber 1g		3%
Sugars 1g		
Protein 2g		5%
Potassium 223mg		5%
Vitamin A 0%	Vitamin C 2%	
Calcium 0%	Iron 2%	

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