

White Button Mushroom Nutritional Value

J. N. Srivastava,A. K. Singh

Mushroom Magic Dharendra Kumar,Sheetanshu Gupta,Mohammad Javed Ansari,Sangeeta,Wajid Hasan,Shakuli Kashyap,Sudhir Mehrotra,2024-12-06 This book presents a detailed account of mushroom biology. It covers the biochemical composition, nutritional significance, and health benefits of mushrooms. It also discusses their medicinal properties, biochemical variability, and culinary techniques for maximizing their nutritional value. The subject matter in this book also discusses: Impact of Cooking and Processing on Mushroom Nutrient Retention Vitamins and Minerals in Mushrooms: A Nutritional Treasure Chitin and Chitosan in Mushrooms: Bioactivity and Applications Allergenic and Toxic Compounds in Mushrooms: Biochemical Identification and Implications Edible and Wild Medicinal Mushrooms: Comparative Biochemical Profiles Print edition not for sale in South Asia (India, Sri Lanka, Nepal, Bangladesh, Pakistan or Bhutan)

Taming the Wild Mushroom Arleen R. Bessette,Alan E. Bessette,2010-07-22 Many mushroom hunters prefer to do their foraging in the marketplace, where all the mushrooms are clearly labeled and safely edible. With this fact in mind, Arleen and Alan Bessette have written Taming the Wild Mushroom, one of the first cooking guides devoted exclusively to choosing and preparing the mushroom species now available in many grocery stores, supermarkets, and natural and whole foods markets. A dozen wild and cultivated species are covered in the book, including White Button, King Boletus, Oyster, Chanterelle, Morel, Paddy Straw, Wood Ear, Shiitake, Enokitake, White Matsutake, Black Truffle, and Wine-cap Stropharia. Easy-to-understand descriptions and excellent color photographs of each species help market foragers choose mushrooms in peak condition. Fifty-seven original, species-specific recipes, from appetizers, soups, and salads to meat and vegetarian entrees to sauces and accompaniments, offer dozens of ways to savor the familiar and exotic flavors of these mushrooms. A mouth-watering photograph accompanies each recipe.

Growing Edible Mushrooms Roby Jose Ciju,2021-03-18 'Growing Edible Mushrooms' is a BRIEF account of TEN popular edible mushrooms and their production practices. There are SIX steps involved in mushroom growing and these steps are, preparation of mushroom compost, pasteurization of compost, spawning, casing, pinning and cropping.

Mycophilia Eugenia Bone,2013-02-26 An incredibly versatile cooking ingredient containing an abundance of vitamins, minerals, and possibly cancer-fighting properties, mushrooms are among the most expensive and sought-after foods on the planet. Yet when it comes to fungi, culinary uses are only the tip of the iceberg. Throughout history fungus has been prized

for its diverse properties—medicinal, ecological, even recreational—and has spawned its own quirky subculture dedicated to exploring the weird biology and celebrating the unique role it plays on earth. In *Mycophilia*, accomplished food writer and cookbook author Eugenia Bone examines the role of fungi as exotic delicacy, curative, poison, and hallucinogen, and ultimately discovers that a greater understanding of fungi is key to facing many challenges of the 21st century. Engrossing, surprising, and packed with up-to-date science and cultural exploration, *Mycophilia* is part narrative and part primer for foodies, science buffs, environmental advocates, and anyone interested in learning a lot about one of the least understood and most curious organisms in nature.

Mushroom Culture Mr. Rohit Manglik, 2024-04-04 EduGorilla Publication is a trusted name in the education sector, committed to empowering learners with high-quality study materials and resources. Specializing in competitive exams and academic support, EduGorilla provides comprehensive and well-structured content tailored to meet the needs of students across various streams and levels.

Mushrooms and Seaweeds Roby Jose Ciju, 2021-03-18 This small book on Mushrooms and Seaweeds explains in detail about TEN edible mushrooms such as Milky white mushrooms, Paddy straw mushrooms, White button mushrooms, Brown (crimini and portabella) mushrooms, Shiitake mushrooms, Oyster (*Pleurotus*) mushrooms, Enoki mushrooms, Maitake mushrooms, Morel mushrooms, and Chanterelle mushrooms, and NINE edible seaweeds/sea vegetables such as Red seaweed *Gracilaria*, Winged kelp, Green laver or Sea Lettuce, Purple laver or Nori, *Spirulina*, Wakame, Dulse, *Caulerpa* or Sea grapes, and Kombu. Mushrooms are a group of edible fungi while seaweeds are a group of edible algae. Both mushrooms and seaweeds are cholesterol-free, caffeine-free, low-fat, low-sugar foods that are rich in vitamins, minerals, protein and dietary fibres and therefore, considered as superfoods. Superfoods are multifunctional foods that contribute towards consumer's health and wellness. They are rich in antioxidants and are consumed to prevent modern-day life style diseases such as heart attack, diabetes, cancer and osteoporosis. Seaweeds and mushrooms are rich in antioxidants that help us to stay fit and young. Antioxidants are present in seaweeds and mushrooms in the form of vitamins, minerals, enzymes and polyphenolic compounds.

Food and Lifestyle in Health and Disease Chuong Pham-Huy, Bruno Pham Huy, 2022-04-29 *Food and Lifestyle in Health and Disease* gathers information on various food types providing an explanation of their nutrient composition, sources, roles, and mechanisms in health and diseases. To obtain good health practices and prevent diseases, it is necessary to understand links in the relationship of food, lifestyle, environment, and health. This book is a vital source for research topics related to these issues, including the following: Analysis of various types of food and lifestyles for the prevention and treatment of diseases and disorders, including cardiovascular disorders, cancers, neurodegenerative diseases, diabetes, hypertension, and obesity. The influences of environmental pollution, synergistic effects of different foods, and synergy of

foods with physical activity or medicine. The roles of animal, fungal, and plant source foods in human health and disease. This book is appropriate for health-conscious users, health care providers and practitioners, teachers, and researchers.

Mushrooms Youssef Najib Sassine, 2021-10-06 The white button mushroom, *Agaricus bisporus* is one of the most widely cultivated mushroom species in the world. It is favored for its high nutritional value and multiple health benefits, especially by consumers interested in vegan and clean eating. This book presents fundamental guidelines for mushroom production as well as major scientific findings in this field. It covers mushroom production and trade, substrates properties, compost quality, breeding, pests and diseases, harvesting, and post-harvest technologies. With practical information on methods used by both commercial and small-scale growers. This is a valuable resource for researchers and students in horticulture, as well as professionals and growers.

Edible and Medicinal Mushrooms Diego Cunha Zied, Arturo Pardo-Giménez, 2017-09-25 Comprehensive and timely, *Edible and Medicinal Mushrooms: Technology and Applications* provides the most up to date information on the various edible mushrooms on the market. Compiling knowledge on their production, application and nutritional effects, chapters are dedicated to the cultivation of major species such as *Agaricus bisporus*, *Pleurotus ostreatus*, *Agaricus subrufescens*, *Lentinula edodes*, *Ganoderma lucidum* and others. With contributions from top researchers from around the world, topics covered include: Biodiversity and biotechnological applications Cultivation technologies Control of pests and diseases Current market overview Bioactive mechanisms of mushrooms Medicinal and nutritional properties Extensively illustrated with over 200 images, this is the perfect resource for researchers and professionals in the mushroom industry, food scientists and nutritionists, as well as academics and students of biology, agronomy, nutrition and medicine.

Edible Fungi: Chemical Composition, Nutrition and Health Effects Dejan Stojković, Lillian Barros, 2022-11-23 This book is primarily intended for food scientists and technologists offering insights into current research and developments in the chemical composition and nutraceutical and pharmaceutical properties of edible fungi.

Edible Mushrooms Pavel Kalac, 2016-01-30 *Edible Mushrooms* provides an advanced overview of the chemical composition and nutritional properties of nearly all species of culinary mushrooms. This unique compendium gathers all current literature, which has been dispersed as fragmentary information until now. The book is broken into five parts covering chemical and nutrient composition, taste and flavor components as well as health stimulating and potentially detrimental effects. Appendices provide helpful quick references on abbreviations, common names of mushrooms, fatty acid profiles, and an index of mushroom species. Mycologists, nutrition researchers, mushroom cultivators and distributors, and food and nutraceutical processors will benefit from this sweeping overview of edible mushrooms. - Thoroughly explores the chemical composition and nutritional value of both cultivated and wild growing mushroom species. - Gathers all the information available on mushroom compounds in order providing an easy comparison of nutritional properties and bioactive

compounds. - Includes hundreds of current references allowing you to further your exploration of the topic by reviewing the detailed data in the primary literature.

Technologies in Food Processing Harish Sharma, Parmjit Panesar, 2018-07-17 With the unprecedented increase in the world's population, the need for different food processing techniques becomes extremely important. And with the increase in awareness of and demand for food quality, processed products with improved quality and better taste that are safe are also important aspects that need to be addressed. In this volume, experts examine the use of different technologies for food processing. They look at technology with ways to preserve nutrients, eliminate anti-nutrients and toxins, add vitamins and minerals, reduce waste, and increase productivity. Topics include, among others: • applications of ohmic heating • cold plasma in food processing • the role of biotechnology in the production of fermented foods and beverages • the use of modification of food proteins using gamma irradiation • edible coatings to restrain migration of moisture, oxygen, and carbon dioxide • natural colorants, as opposed to synthetic coloring, which may have toxic effects • hurdle technology in the food industry • the unrecognized potential of agro-industrial waste

Current Topics in Functional Food Naofumi Shiomi, Anna Savitskaya, 2022-10-26 The market for functional foods is steadily expanding as more people worldwide realize the value of the daily consumption of healthy foods in maintaining good health. Recent studies have revealed new functional compounds in foods. Genetically modified foods will soon be commercially available. This book discusses the characteristics of functional foods and the health benefits of ingredients including ginger, herbs, probiotics, mushrooms, and dairy products. It also provides new ideas for the production of new functional foods and managing health through the daily diet.

Wild Mushrooms Sanju Bala Dhull, Aarti Bains, Prince Chawla, Pardeep Kumar Sadh, 2022-08-10 Many wild varieties of mushrooms are consumed by people around the world, yet many species remain unexplored, their nutritional as well as pharmacological significance yet to be discovered for many of them. *Wild Mushrooms: Characteristics, Nutrition, and Processing* informs readers about different unexplored wild mushrooms, their methods of cultivation, nutritional values, pharmaceutical values, and possible utilization for human wellbeing. The book represents a comprehensive assessment of current knowledge about the edible mushrooms commercialization, especially as nutraceuticals and dietary supplement formulation, mineral supplementation and source of quality proteins in foods and diet. The health benefits of edible mushrooms, nature and chemistry of bioactive components and in-vitro and in-vivo bioactivity of edible mushrooms are also highlighted in different chapters. By bringing diverse areas such as oxidative stress and longevity, techniques of mushroom analysis, toxicology and extracellular enzymes of wild mushrooms, it lays the groundwork for striking expansion in our understanding of these important biochemicals and their role in health and disease prevention. Key Features: Explores major preservation and processing technologies for wild mushrooms and their effects on bioavailability and nutritional value of

mushrooms Presents the classical taxonomy and genetic classification of mushrooms Discusses the different components present in mushrooms and their biological activities and the health attribute of mushrooms due to these bioactive components Reviews the applications of mushrooms in environmental pollution reduction Covers different cultivation strategies of edible and medicinal mushrooms The book also explores the role of mushrooms in the degradation of harmful xenobiotic compounds as well as reduction of pesticides. It discusses the utilization of wild mushrooms in waste management and cultivation of wild mushroom using lignocellulosic biomass-based residue as a substrate. This book should be of interest to a large and varied audience of researchers in academia, industry, nutritionists, dietitian, food scientists, agriculturists and regulators.

Mushroom Farming Roby Jose Ciju,2021-03-18 Mushroom farming has become very popular worldwide owing to the fact that mushroom farming is relatively easy and requires less space and less investment. Economic returns on investment are also high in mushroom farming. Mushroom farming is an attractive low-cost entrepreneurial option because mushrooms can successfully be grown by using even primitive farming technologies. This low technology approach to mushroom farming may be one of the reasons behind its popularity as a small scale farm enterprise.

Diseases of Horticultural Crops: Diagnosis and Management J. N. Srivastava,A. K. Singh,2022-04-27 This fourth volume of this 4-volume set discusses the key diseases, typical symptoms, and management strategies of several economically important plants. Each chapter presents an introduction along with a detailed account of symptoms, causal organisms, disease cycles, epidemiology, and management of a selection of major plantation crops, medicinal crops, and mushrooms. The book features chapters contributed by eminent professionals in the field, who have incorporated their own experience and knowledge along with an overview of the recent developments in their fields. They provide information on the diagnostic tools and management techniques needed for such plantation crops as areca nut (or betel nut), cocoa (or chocolate), coconut, coffee, and tea; such medicinal crops as isabgol and senna; along with several kinds of mushrooms. The volume also includes photographs that show symptoms of important diseases, which are helpful in disease diagnosis. The volumes provide an abundance of information for understanding and managing plant diseases, with emphasis on diagnostic techniques. The collection includes: Volume 1: Fruit Crops Volume 2: Vegetable Crops Volume 3: Ornamental Plants and Spice Crops Volume 4: Important Plantation Crops, Medicinal Crops, and Mushrooms

The Vegetarian's Bible Inga-Britta Sundqvist,2012-11-13 If you're craving fresh, nourishing food that will help you lose weight, get more energy, and revitalize your health, look no further than The Vegetarian's Bible. These classic vegetarian dishes utilize seasonal ingredients that are great for both your health and the environment. Vegetables are an essential part of a good diet because they are packed with antioxidants, minerals, vitamins, and fiber. Learn how to maintain your health and be your own "inner doctor" with recipes for a detox and anti-inflammatory diet, as well as recipes that utilize all those

important super foods that are packed with nutrients that keep you full longer. Sundqvist has updated her classic vegetarian cookbook to include recipes for a range of diets including: raw food, custom GI vegetarian, vegan, lacto or lacto-ovo vegetarian. Aside from her wide array of recipes, Sundqvist also includes recommendations for seasonal buffets, for those wishing to entertain with healthy and beautiful food. These recipes are perfect for any at-home chef with simple step-by-step instructions and 150 beautiful full-color photographs. With recipes ranging from appetizers, soups, and snacks, to pizzas, salads, and sandwiches, and even stir fries and desserts, this cookbook is perfect for someone looking to go veggie, or the vegetarian interested in exploring new, tasty meals.

Post Harvest Management and Production of Important Horticultural Crops Amit Nath, Shukadev Mangaraj, T.K. Goswami, J. Chauhan, 2016-10-01 The book describes various recent technological interventions in production, handling and processing of important horticultural crops and also discusses the various methods to extend the shelf life as well as development of different value added products including important spices and other uses. Importance of horticulture in Indian context, growth pattern, area and production, and its role in human nutrition are discussed in this book.

Fungal Biotechnology Sunil K. Deshmukh, Kandikere R. Sridhar, Susanna M. Badalyan, 2022-08-18 Traditional studies in mycology mainly deal with damage caused by fungi, for instance, diseases of plants, animal ailments, air-borne pathogens, decomposition of wood and production of mycotoxins in food. Applied mycology focuses on the fermentation of foods (flours, bakery products, cheese and others) and production of fermented products (wine, beer and spirit). Further value-added approaches show the significance of fungi in the production of bioactive metabolites and pharmaceuticals used in the treatment of human diseases, including cancer, and plant diseases (e.g. pest control). Due to a dependence on fossil resources, production of bio-renewable merchandise gained importance and fungi serve as potential biological agents in sustaining global economy. Recent developments in mycology revealed their significance in the fields of advanced research, in particular building materials, packaging resources, electronic devices and leather-like goods. In addition, fungi possess several qualities to degrade non-biodegradable compounds in the ecosystem and assist in sustainable waste bioremediation. This book covers the current biotechnological advances and bio-prospect potential of fungi. Fungal biopolymers possess various applications, including prebiotics, therapeutics, immunoceuticals, drug-discovery and drug-delivery. Fungal bioactive metabolites have several implications beyond antibiotics, such as volatiles, biofuels, nematocides and pigments. They also serve as prospective tools in the production of nanoparticles of medicinal, nutritional and industrial significance. In view of environmental protection, fungal activity and products aid in bioremediation via degradation of xenobiotics and solid wastes. Fungi can produce agriculturally compatible metabolites to enhance plant production. Knowledge on fungal genomics facilitates the gene manipulation towards biotechnological applications (disease diagnosis, pathogen detection, gene expression and mutualistic interactions). This book addresses the application of fungi in different areas and serves as a

potential knowledge bank for graduates, post-graduates and researchers contemplating fungal applications.

Pathology Victor R Preedy, 2020-04-25 Pathology: Oxidative Stress and Dietary Antioxidants bridges the disciplinary knowledge gap to help advance medical sciences and provide preventative and treatment strategies for pathologists, health care workers, food scientists and nutritionists who have divergent skills. This is important as oxidative stress can be ameliorated with pharmacological, nutraceutical or natural agents. While pathologists and clinical workers understand the processes in disease, they are less conversant in the science of nutrition and dietetics. Conversely, nutritionists and dietitians are less conversant with the detailed clinical background and science of pathology. This book helps to fill those gaps. - Saves clinicians and researchers time by helping them to quickly access the very latest details on a broad range of pathologies and oxidation issues - Combines the science of oxidative stress and the putative therapeutic usage of natural antioxidants in the diet - Includes preclinical, clinical and population studies to help pathologists, nutritionists, dieticians, and clinicians map out key areas for research and further clinical recommendations

Reviewing **White Button Mushroom Nutritional Value**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**White Button Mushroom Nutritional Value**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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