



Mushrooms

Nutrition Facts

½ Cup (30 grams):

- 10 Calories
- Good source of Riboflavin (15%)
- Good source of Niacin (15%)
- Good source of Selenium (15%)
- Excellent source of Pantothenic Acid (20%)
- Excellent source of Copper (20%)

Dole Recipe: Holiday Veggie-Stuffed Mushrooms

(More recipes available at Dole.com)



Serves: 8

Total Time: 55 minutes

Preheat Oven to 375°F

Ingredients:

- Nonstick cooking spray
- 16 DOLE® Mushrooms
- ¼ cup unsalted vegetable stock
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ cup finely chopped DOLE Broccoli
- ½ cup finely chopped DOLE Carrots
- ½ cup finely chopped DOLE Red Onion
- ¼ cup fat free cream cheese
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup fat free cottage cheese
- 3 tablespoons grated Parmesan cheese

Directions:

- Spray a rimmed baking pan with nonstick cooking spray. Carefully separate stems from mushroom caps; finely chop stems. Place mushroom caps, gill side up, on prepared pan; drizzle with stock. Bake 15 minutes; reserve any liquid remaining in caps.
- HEAT oil in a large skillet over medium-high heat; add mushroom stems and cook 2 minutes, stirring occasionally. Add garlic; cook 30 seconds, stirring constantly. Add broccoli, carrots, onion and reserved mushroom liquid; cook 5 minutes or until vegetables are tender, stirring occasionally. Stir in cream cheese, salt and pepper; cook 2 minutes or until cheese melts, stirring frequently. Remove from heat; stir in cottage cheese. Makes about 1 cup.
- Fill each mushroom with 1 tablespoons vegetable mixture; sprinkle with Parmesan cheese. Bake mushrooms 12 minutes or until golden brown and heated through. Makes 16 stuffed mushrooms.



Nutrition Facts

servings per container
Serving size **half cup (36g)**

Amount per serving
Calories 10

Calories from Saturated Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0mg 0%

Potassium 161mg 4%

Riboflavin 0.2mg 15%

Niacin 2mg 15%

Pantothenic Acid 1mg 20%

Phosphorus 43mg 4%

Selenium 9mcg 15%

Copper 0.2mg 20%

Manganese 0.1mg 4%

Folate 9mcg DFE 2%

Choline 8mg 2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

How to Make Ground Mushrooms

Mushrooms make a great substitute for ground meat. Use ground mushrooms in tacos, lasagna, stuffed peppers and more!

Method: Roughly chop mushrooms and pulse in food processor three times or until finely chopped (about the size of a pea). Use in recipes that call for ground meat.

Research

Institutions worldwide have studied mushrooms and their important nutrients. Here are a few relevant studies and nutrition talking points:

Eating mushrooms may improve immunity, as seen by improved T-cell proliferation and activation and increased secretory immunoglobulin A (sIgA) production, both markers of immunity.

Consuming Lentinula edodes (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults. Daia X et al. Journal of the American College of Nutrition, Volume 34, Issue 6, 2015.

Eating white button mushrooms may promote innate immunity against tumors and viruses through the enhancement of natural killer cell activity.

Dietary supplementation with white button mushroom enhances natural killer cell activity in C57BL/6 mice. Wu D, Pae M, Ren Z, Guo Z, Smith D, Meydani SN. Journal of Nutrition. Volume 137, Issue 6, 1472-1477, June 2007.

Eating mushrooms may help lower total blood cholesterol level, which helps promote heart health

Cholesterol-lowering effects of maitake (Grifola frondosa) fiber, shiitake (Lentinus edodes) fiber, and enokitake (Flammulina velutipes) fiber in rats. Fukushima M et al. Experimental Biology and Medicine. Volume 226, Issue 8, 758-765. September 2001.

Mushroom phytochemicals have been found to inhibit an angiotensin I converting enzyme (ACE), an antihypertensive effect that may help with blood pressure management.

A phytochemical in the edible Tamogi-take mushroom (Pleurotus cornucopiae), D-mannitol, inhibits ACE activity and lowers the blood pressure of spontaneously hypertensive rats. Hagiwara SY et al. Bioscience, Biotechnology, and Biochemistry. Volume 69, Issue 8, 1603-1605, August 2005.

Eating mushrooms may help lower serum triglycerides and total cholesterol levels and promote free radical scavenging.

Antihyperlipidemic and antioxidant effects of extracts from Pleurotus citrinopileatus. Hu SH et al. Journal of Agricultural and Food Chemistry. Volume 54, Issue 6, 2103-2110, March 2006.

Tweets

Get #creative in the kitchen! Use #mushrooms in salads, with pasta, stuffed, or in a quiche!

#Mushrooms are a great dinner option. They're low in calories & sodium and packed w/ vitamins & minerals. Try a mushroom burger!

Store #mushrooms unwashed in the fridge in a paper or plastic bag w/ poked holes to keep them #fresh. Wash before eating.

#Mushrooms have a wide variety of nutrients. Add them to #breakfast in omelets, #lunch in salads, or #dinner in stirfrys!

#Mushrooms make a great substitute for meat. Try them in veggie lasagnas, tacos, burgers or pasta sauces.

Observances

September: National Mushroom Month
October 15: National Mushroom Day

April 16: Day of the Mushroom

