

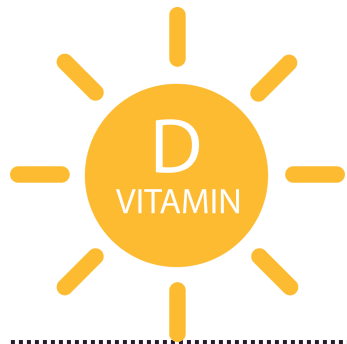
White Button Mushroom



Look: White button mushrooms look like little umbrellas. They have a cap and a stalk.

Taste: White button mushrooms, when eaten raw, are mild with a crisp texture. When cooked, they have a meaty flavor and are tender and chewy.

Touch: White button mushrooms have a rounded cap that is firm and spongy. Underneath the cap, there are many light brown gills that produce dark brown spores.



When white button mushrooms are placed in the afternoon sun for 15-20 minutes, the amount of Vitamin D is multiplied!

Did you know?

White button mushrooms make up about 90% of the mushrooms consumed in the United States!



Nutritionals

