

Importance of button mushroom in human life

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What is button mushroom ?.

Agaricus bisporus also known as button mushroom , white mushroom or champignon ,is an edible fungus species found all over the world . It is buy for ,the planets most popular edible mushroom many people given nickname “common mushroom” due to its prevalence.

Scientific name :- *Agaricus bisporus*

Family :- Agaricaceae

They are essential protein and amino acid sufficient levels of minerals ,vitamins, and fiber.

2. Button mushroom carry vitamin – D in the form of erocalciferol and white mushroom are low in calories and sugar.
3. It carries excellent level of selenium, copper, phosphorus, zinc and potassium.



Health benefits of button mushroom:-

1. Button mushroom are very low in calories .
4. 100gm contain 0.318mg or 37% RDI of copper. It is essential for blood cell production (hematopoiesis)

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neurotransmission and as a co-factor for oxidative enzymes .

5. 100 gm of button mushroom carry 9.3 or 17% RDI of selenium. Selenium is a co-factor nutrient for the anti-oxidant enzyme, glutathione peroxides. It plays a critical role in the integrity of liver and heart tissue .
6. It is rich in the B-complex group of vitamins like thiamine, riboflavin, vitamin B-6, and pantothenic acid .
7. 100 gm of button mushroom carry 0.40mg or 37% RDI of riboflavin (vit B-2). Riboflavin deficiency could lead to ulcers in the mouth, cracked lip and mouth angles (angular stomatitis), scaly skins rashes, etc.

Selection and storage of button mushroom:-

Selection:-

Button mushroom are available year round in the market . Select bright , clean mushroom with firm , fleshy caps. Avoid those with discoloration , black spots , shriveled , bruised, and dry. Do not purchase those with a wet, slimy, or slippery surface as they are out of flavor.

Button mushroom also be available in supermarkets. Look for the brand, authenticity, and validity before buying one .

Storage:-

Button mushroom are easily perishable. When stored properly , they may remain fresh

for 3-5 days. Once at home, unseal the plastic wrap, place it in paper bag, or arrange it inside an absorbent paper towel where it remain fresh for 3 days. Vacuum sealed packs will continue to be safe for up to 14 days inside the refrigerator.

Nutritional and medicinal value of button mushroom :-

Nutritional value:-

Mushroom comprises about 80-90% water, and 8-10% of fiber . In addition to these, mushroom is an excellent source of vitamins especially C and B. Minerals viz, potassium, sodium, and phosphorus are higher in fruit bodies of the mushroom. It also contains other essential minerals (Cu, Zn, Mg) in traces but deficient in iron and calcium.

Medicinal value:-

- Good for heart
- Prevent cancer
- Regulates digestive system
- Strengthens immunity
- Antioxidant and antimicrobial
- Anti - aging property