



**Selection:**

Choose mushrooms that are well shaped and have firm texture. Avoid mushrooms with spots or slime.

**Storage:**

Refrigerate mushrooms in their original container or in a paper bag. Mushrooms can be refrigerated for up to 1 week.

**Refrigerator:** Up to 1 week

**Use:**

Clean mushrooms when you are ready to use them. Remove any bits of debris and rinse gently with cold water. Mushrooms may be served whole, sliced, or chopped.



**Digital Scale:**

The number on the screen = Total Weight



**Hanging Scale:**

The number the arrow is pointing to = Total Weight

**Buying:**

Mushrooms are typically sold in pre-packaged amounts. If it is sold per pound, place the amount of mushrooms you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Mushrooms**

Use this table to find the total cost.

**Example:** What is the total cost for 2.5 lbs of mushrooms at \$1.39 per lb? **2.5 lb x \$1.39 = \$3.48**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Know how. Know now.**

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

## Nutrition:

### 5 medium Mushrooms

Nutrition Facts	
Serving Size 5 medium mushrooms (84g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store.

This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 5 medium mushrooms. All mushrooms are not the same size, but you can use this to estimate the nutrition content for smaller or larger mushrooms.

## Recipe:

### Fresh Mushroom Soup

Preparation Time: 30 minutes

Serves 4

Cups of Vegetables per Serving: ½

#### Ingredients:

- 1½ pounds fresh mushrooms
- 8 scallions
- ½ cup red wine
- ½ teaspoon thyme
- ¼ teaspoon black pepper
- 1 tablespoon Dijon mustard
- 1 quart fat-free no-salt added chicken broth
- 1 cup plain non-fat yogurt

#### Preparation:

- 1.) Chop mushrooms and scallions into bite-sized pieces. Cook with red wine in oven until tender.
- 2.) Add thyme, pepper, mustard, and chicken broth. Bring to a boil and simmer for 15 minutes.
- 3.) Add yogurt, stirring just to blend, and serve.



#### **Nutrition Information per Serving:**

Calories 120, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 570 mg, Carbohydrates 15 g, Dietary Fiber 2 g, Protein 10 g.