NUTRITIONAL VALUE OF EDIBLE WILD MUSHROOMS COLLECTED FROM THE BLACK SEA REGION OF TURKEY

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ABSTRACT

Three edible wild mushrooms Cantharellus cibarius (yellow mushroom), Lactarius piperatus, and Boletus edulis were studied for chemical composition and nutritional value. The edible wild mushrooms have been consumed especially in rural and rainy area of Turkey for a long time. In this research, proximate composition; moisture, ash, carbohydrate, fat, protein, vitamins; vitamin C (L-ascorbic acid), B1 (thiamine), B2 (riboflavin), folic acid, panthotenic acid, niacin, minerals; Zn, Cu, K, Na, Fe, Ca, Cr, and P of edible wild mushrooms were investigated. The edible wild mushrooms that were investigated in this research have a balanced and high nutritional value.

Key words: Boletus edulis, Cantharellus cibarius, Lactarius piperatus, nutrition, minerals, vitamins.