



# 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.