Nutritional properties of some edible wild mushrooms in Sabah

Abstract

Ten edible wild mushrooms that were commonly consumed by the native of Sabah were identified as Lentinellus omphallodes, Lentinus cilliatus, Pleurotus sp1, Pleurotus sp2, Schizophyllum commune, Hygrocybe sp., Volvariella sp., Auricularia auricula, Trametes sp. The nutritive value of these wild mushrooms was determined. The protein content of the mushrooms ranged from 5-15% of dry weight, whereas most of the wild species were found to have low fat content (1-5%). Potassium is the most abundant mineral, followed by magnesium and calcium. The sodium concentration was relatively low in all wild mushrooms. However, the calcium content in Pleurotus sp1 is 10 times higher than the cultivated mushrooms. Overall, the trace element concentrations across all wild mushrooms were in the order Fe>Zn>Mn>Cu>Cr. The high protein and low fat characteristic of these wild mushrooms indicating the need to further determine their amino acid and fatty acid profiles.