

Exploring the Nutritional Components of Kurakding (*Schizophyllum commune*) Collected from Partido District, Philippines

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The study explored on the nutritional components of Kurakding, a local name for *Schizophyllum commune* and a fungus considered as exotic food. Specifically, this aims to identify its macronutrients and mineral components and to find out if location and substrates can cause variation in its nutritional components. Samples were collected from the decaying substrates of Mahogany (*Swietenia macrophyllale*) and Cacao (*Theobroma cacao*) obtained from the two municipalities of Partido District. The samples were air dried and subjected to appropriate laboratory analysis such as the test for ash, moisture, carbohydrates, fats, protein, and minerals contents. The % Daily Values (%DV) and % Recommended Energy and Nutrition Intake (%RENI) were included in the analyses to establish the amount of nutrient a person may benefit from taking Kurakding as food. Results showed that the major component of Kurakding is Carbohydrates and Potassium. It also contains small amount of protein, moisture, ash, calcium, and sodium and trace amounts of fats, iron, and zinc. The % DV and % RENI of the nutrients and minerals ranges between low to adequate. There was no variation in the nutritional components of Kurakding from the two municipalities but there was an observed difference in the components when compared to other countries. Distance and environment could have some impact on the similarities or differences in the nutritional components of *s. commune*, but this calls for further verification.



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