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Mycochemical and proximate composition of selected mushrooms in Lapai, Niger State

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In recent times, mushrooms assume greater importance in the diet of both rural and urban population because they are delicacies. The bulk of mushrooms consumed are hunted from the wild, the practice which is often associated with some degree of negativity and fatality since poisonous ones could be inadvertently picked and eaten. This study therefore investigated myco-chemical, proximate minerals and vitamins present in three selected and identified mushroom: *Macrolepiota procera*, *Pleurotus roseus* and *Cantherelle cibarius* collected from wild in Lapai Niger State. The samples were sundried and grounded into powder and sieved. Myco-chemical, proximate, minerals and vitamins analyses were done. The results revealed the presence of alkaloid, flavonoid and saponin in all the three samples The results on the proximate composition of the three mushrooms sampled, revealed that carbohydrate content was significantly (P< 0.05) the highest food content. It was 30.50% in *M. procera*, 28.8% in *P. roseus* and 29.2% in *C. cibarius*. Crude protein obtained were 9.8%, 11.43% and 10.2% in *M. procera*, *P. roseus* and *C. cibarius* respectively. However, the mineral composition analysis showed that the three samples were very rich in potassium and sodium but poor in cobalt. The samples were also rich in vitamin A. *M. procera* has the highest percentage of moisture content (18.01%) which was significantly different (P<0.05) from others. Ash content and crude fibre of the three mushrooms were significantly different (p<0.05). The fat content was generally low with *M. procera* having (11.50%), *P. roseus* (13.65%) and *C. cibarius* (12.10%). *M. procera* has the highest content of potassium (6.80 mg/l) while *C. cibarius* was lowest (5.40 mg/l). These mushrooms hold tremendous potentials in contributing to the protein, vitamin and mineral element needs of the people. Therefore, their commercial production and consumption, especially those on low fat dietary food should be encouraged and their use as raw materials to the p

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