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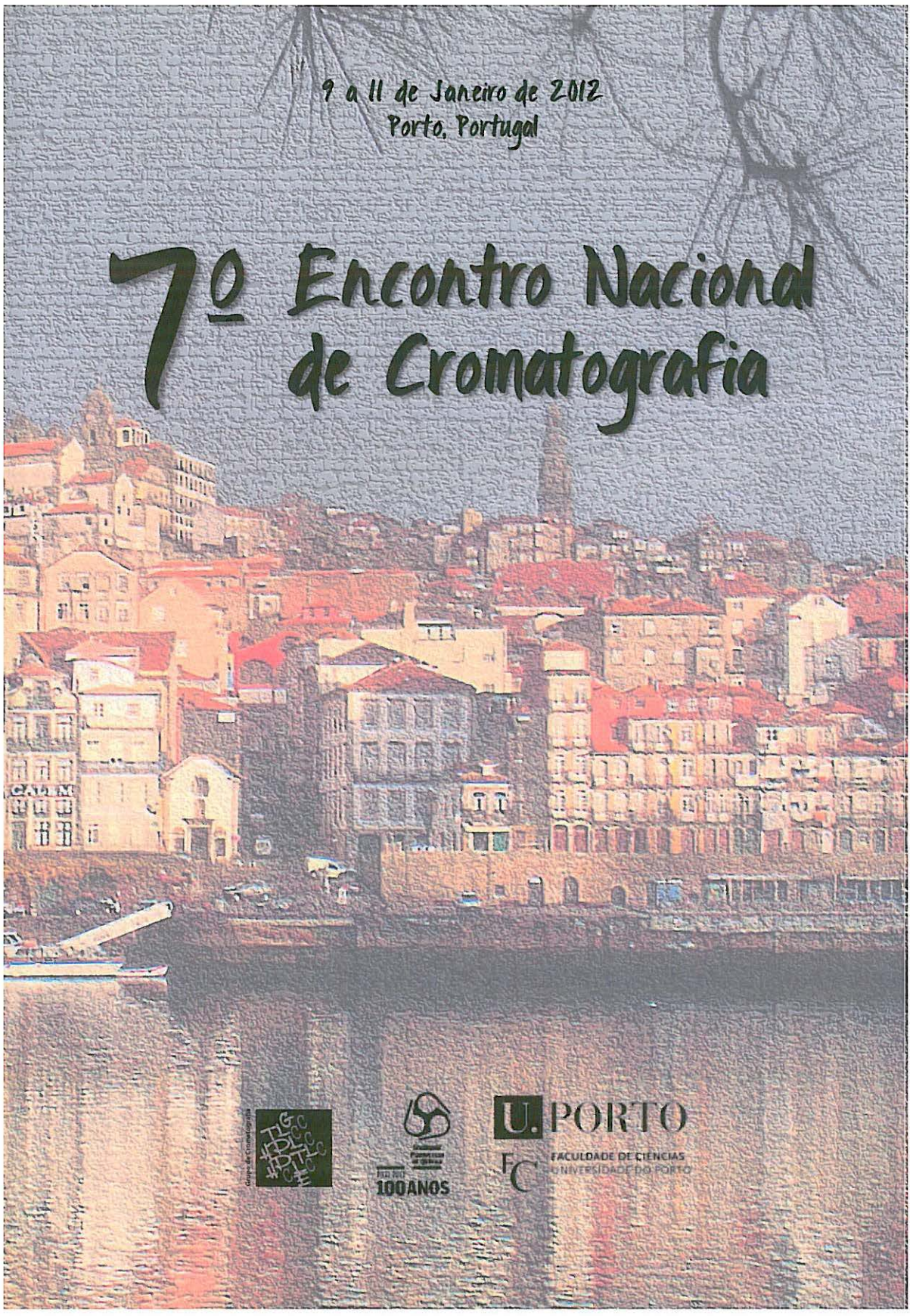

Grupo de Cromatografia

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P59. An overview of the nutrients and non-nutrients present in the wild mushroom species most appreciated in the Northeast of Portugal

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Our research group has an extensive work in the chemical characterization of wild mushroom species from the Northeast of Portugal. This region is one of the European regions with higher wild edible mushrooms diversity, some of them with great gastronomic relevance. In Europe, they are collected for consumption being a good source of digestible proteins, carbohydrates, fibers and vitamins.

The present work reports the nutrients (fatty acids and sugars) and non-nutrients (phenolic acids) present on the wild species most appreciated in the Northeast of Portugal: *Boletus edulis*, *Cantharellus cibarius*, *Lactarius deliciosus* and *Macrolepiota procera*. Fatty acids and sugars were obtained by GC-FID and HPLC-RI, respectively [1-3]; Phenolic acids were analysed by HPLC-DAD-ESI/MS [4]. Furthermore their nutritional value was accessed through the composition in macronutrients and energetic value.

Boletus edulis gave the highest energetic contribution and MUFA (mainly oleic acid) content; *Cantarellus cibarius* revealed the highest moisture and proteins levels; *Lactarius deliciosus* showed the highest ash, fat, SFA (mainly due to the specific contribution of stearic acid), sugars (total contribution of mannitol and trehalose) and phenolic acids (mainly *p*-hydroxybenzoic acid) contents; *Macrolepiota procera* gave the highest levels of total carbohydrates and PUFA.

It was concluded that the most appreciated wild mushrooms have different nutrients and non-nutrients profiles and concentrations. This report contributes to the elaboration of nutritional databases of the most consumed species, allowing comparison between them.

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