

# BREAKFAST MENUS AND MUSHROOMS: NUTRITIONAL AND COST COMPARISONS



Mushrooms are low in calories and fat, but just as important, mushrooms are a great source of umami. This means that mushrooms can be substituted for meat and still provide a satisfying meaty texture. Mushrooms can also be used to reduce your portion size of steak, pork, chicken or seafood and still give enhanced nutritional profiles and the flavors your guests crave. Take a look at these popular breakfast dishes.

## Chorizo vs. Mushroom Scrambler (4 oz. chorizo and/or mushrooms)

### Chorizo Scrambler\*

### Chorizo and Mushroom Scrambler\*

### Mushroom Scrambler\*

Nutrition Facts	
Serving Size (220g) Servings Per Container	
Amount Per Serving	
<b>Calories 550</b>	<b>Calories from Fat 370</b>
% Daily Value*	
<b>Total Fat 41g</b>	<b>63%</b>
<b>Saturated Fat 13g</b>	<b>65%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 580mg</b>	<b>193%</b>
<b>Sodium 880mg</b>	<b>37%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 12g</b>	
<b>Protein 30g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 6%</b>
<b>Calcium 10%</b>	<b>Iron 20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Saturated Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2,400mg 2,400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (220g) Servings Per Container	
Amount Per Serving	
<b>Calories 360</b>	<b>Calories from Fat 210</b>
% Daily Value*	
<b>Total Fat 24g</b>	<b>37%</b>
<b>Saturated Fat 6g</b>	<b>30%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 540mg</b>	<b>180%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 13g</b>	
<b>Protein 20g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 6%</b>
<b>Calcium 8%</b>	<b>Iron 20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Saturated Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2,400mg 2,400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (220g) Servings Per Container	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 180</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
<b>Saturated Fat 5g</b>	<b>25%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 530mg</b>	<b>177%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 14g</b>	
<b>Protein 17g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 6%</b>
<b>Calcium 8%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Saturated Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2,400mg 2,400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Price: \$5.59**  
**Cost: \$0.79**  
**Profit: \$4.80**

**Price: \$5.59**  
**Cost: \$0.55**  
**Profit: \$5.04**

**Price: \$5.59**  
**Cost: \$0.49**  
**Profit: \$5.10**



Less calories, fat, cholesterol and sodium, while lowering food costs.

\*Exact same recipe, except the Mushroom Scrambler substitutes 4 oz. of mushrooms for the chorizo; the Chorizo and Mushroom Scrambler uses 3.2 oz. of mushrooms and about 0.8 oz. of chorizo.



## Beef vs. Mushroom Breakfast Burrito (8 oz. beef and/or mushrooms)



### Beef Breakfast Burrito\*

Nutrition Facts	
Serving Size (251g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 610</b>	<b>Calories from Fat 290</b>
% Daily Value*	
<b>Total Fat 32g</b>	<b>49%</b>
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol 300mg</b>	<b>100%</b>
<b>Sodium 780mg</b>	<b>33%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 38g</b>	
Vitamin A 8%	Vitamin C 4%
Calcium 20%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Price: \$3.39**  
**Cost: \$1.03**  
**Profit: \$2.36**

### Beef and Mushroom Breakfast Burrito\*

Nutrition Facts	
Serving Size (272g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol 240mg</b>	<b>80%</b>
<b>Sodium 740mg</b>	<b>31%</b>
<b>Total Carbohydrate 42g</b>	<b>14%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 21g</b>	
Vitamin A 8%	Vitamin C 6%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Price: \$3.39**  
**Cost: \$0.89**  
**Profit: \$2.50**

### Mushroom Breakfast Burrito\*

Nutrition Facts	
Serving Size (277g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 225mg</b>	<b>75%</b>
<b>Sodium 730mg</b>	<b>30%</b>
<b>Total Carbohydrate 43g</b>	<b>14%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 17g</b>	
Vitamin A 8%	Vitamin C 6%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Price: \$3.39**  
**Cost: \$0.85**  
**Profit: \$2.54**

Less calories, fat, cholesterol and sodium, while lowering food costs.

\*Exact same recipe, except the Mushroom Breakfast Burrito substitutes 8 oz. of mushrooms for the beef; the Breakfast Beef and Mushroom Burrito uses 6.4 oz. of mushrooms and about 1.6 oz. of beef.

## Mushrooms: A Culinary Superfood

Low Calorie (only 20 calories per serving)  
Very Low in Sodium  
No Fat (0 grams)  
Cholesterol Free

Vitamin D (the only fruit or vegetable with naturally-occurring Vitamin D)  
Contains Antioxidants including Selenium and Ergothioneine  
Potassium (contains as much Potassium as one small banana)  
Source of B Vitamins like Riboflavin (B2), Niacin (B3) and Pantothenic Acid (B5)  
Features Umami for Craveability

**Mushrooms Have the Potential to Enhance Nutrition and Lower Food Costs No Matter What Type of Cuisine You Menu. See For Yourself.**