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# Nutritional value and antioxidant properties of some edible mushrooms varieties

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# Mushrooms

Enzymes:  
trypsin,  
important  
role in  
digestion;

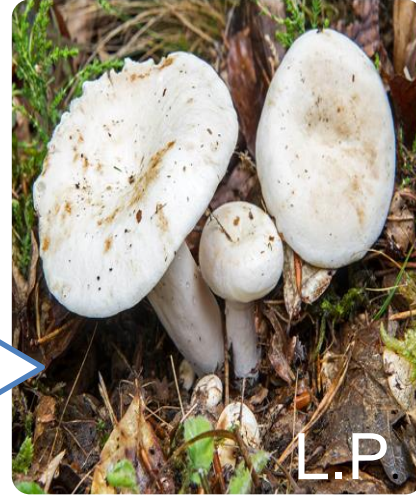
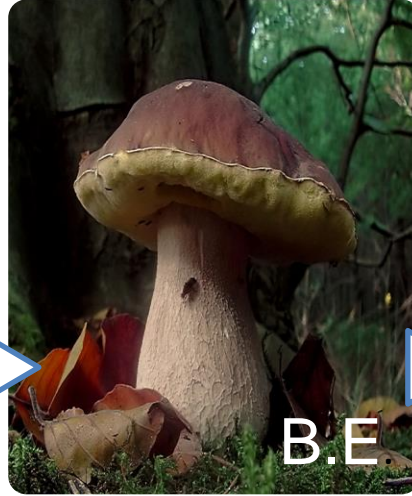


A rich source of  
protein, fiber, fatty  
acids, vitamins and  
other biologically  
active compounds;

Rich source of polyphenols, ascorbic acid,  
high antioxidant capacity;

" Vegetable Meat "

# Aim





## Physico-chemical analysis

- Moisture
- Protein
- Lipid
- Minerals
- Carbohydrates
- Energy

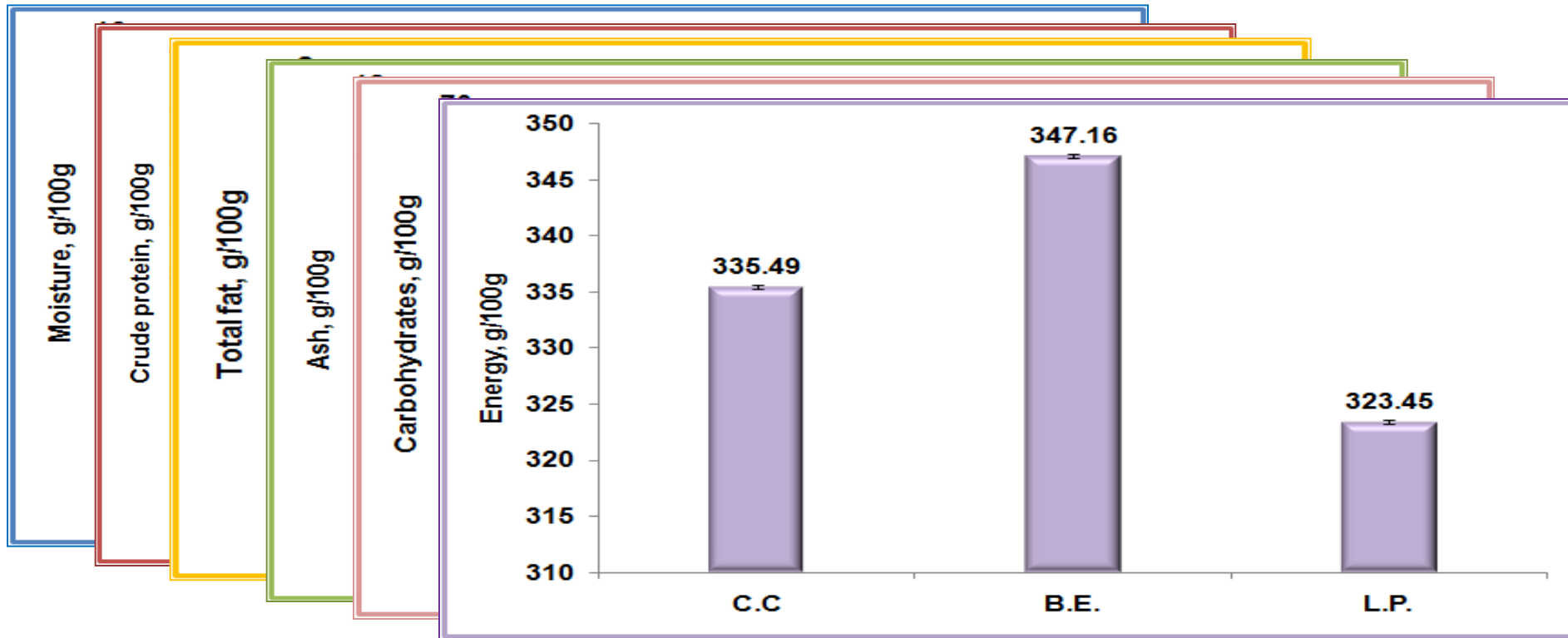
## UV-VIS

- Antioxidant activity
- Total polyphenols
- Total flavonoid

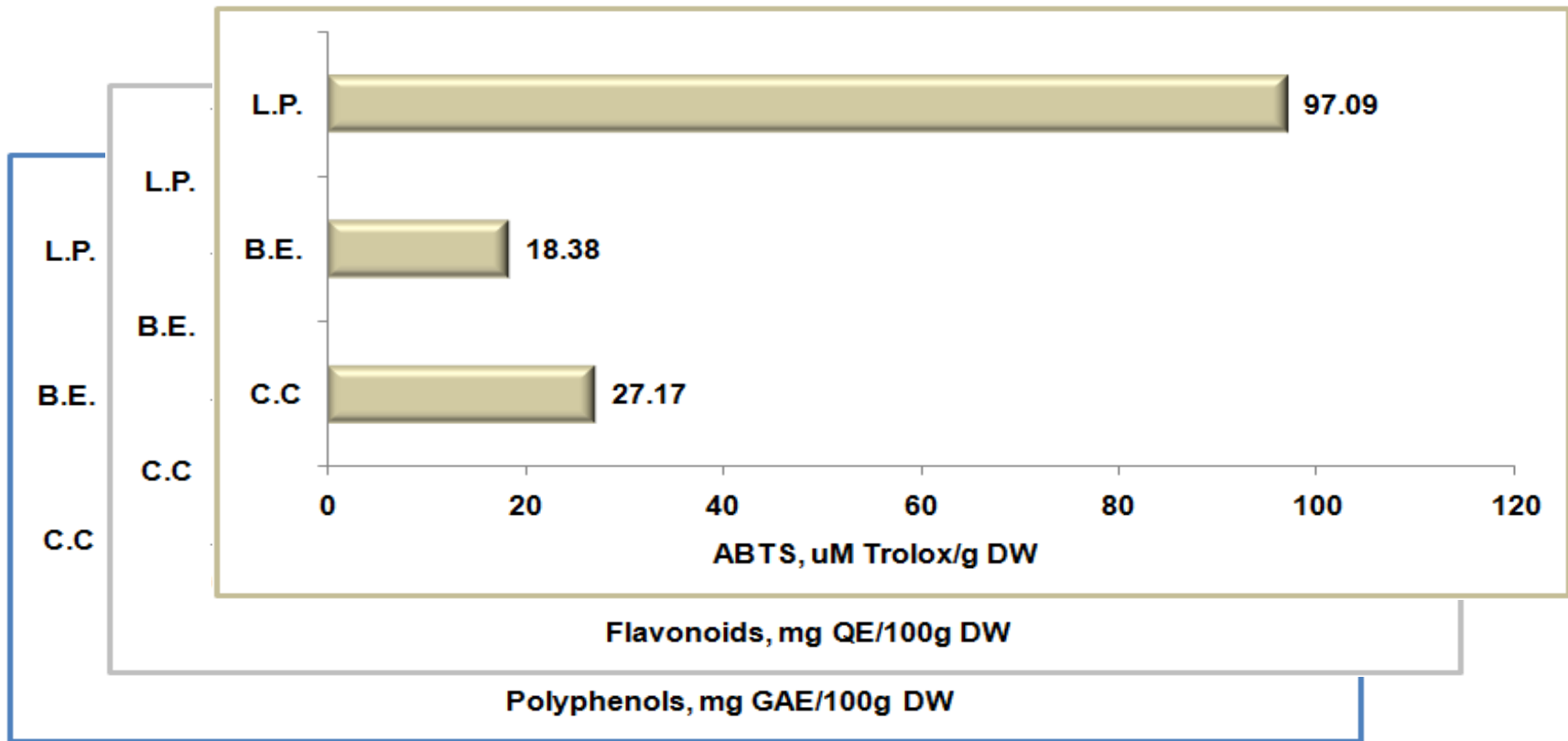
## GC-MS

- Fatty acids

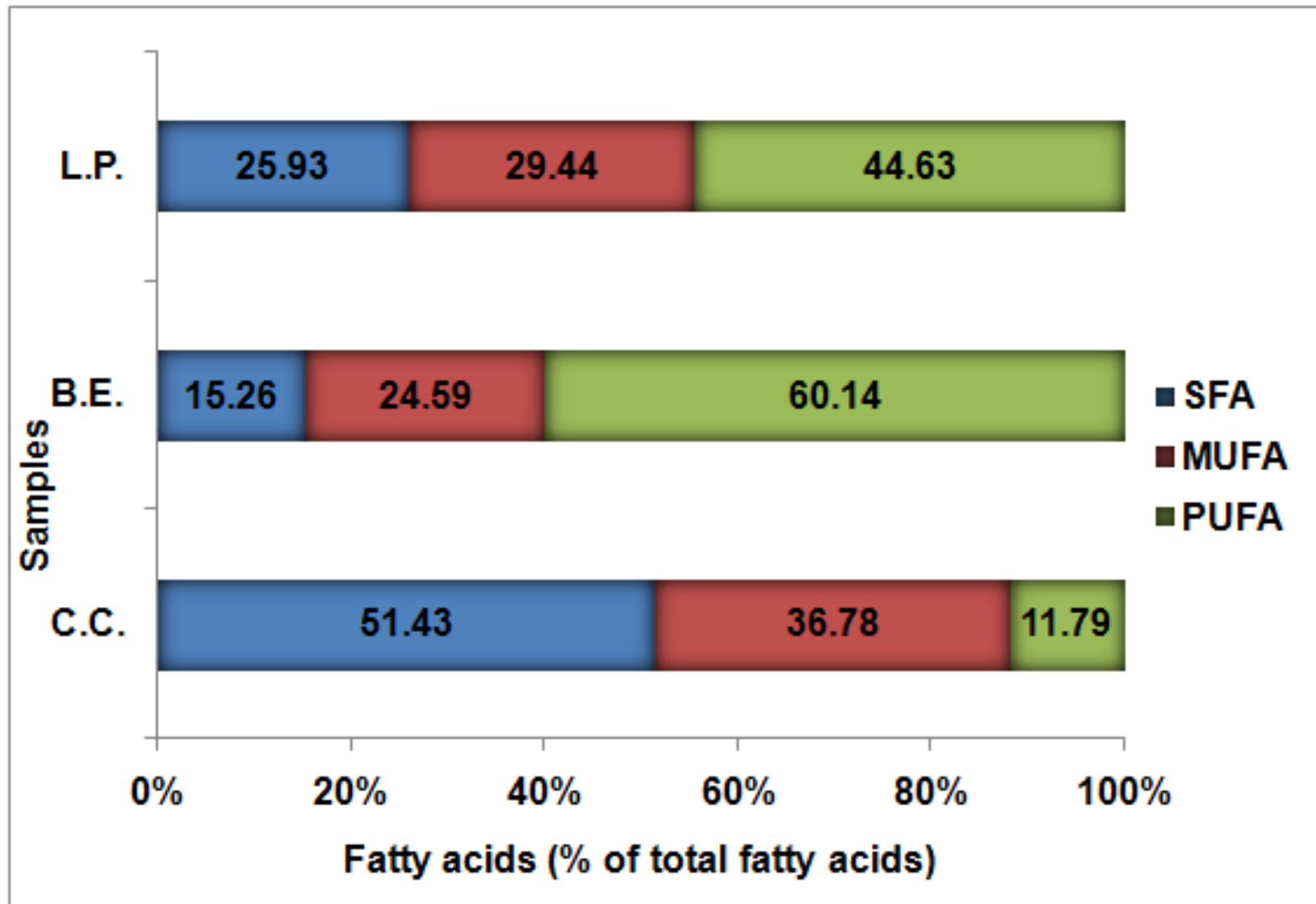
# Evaluation of nutritional parameters of selected mushroom varieties



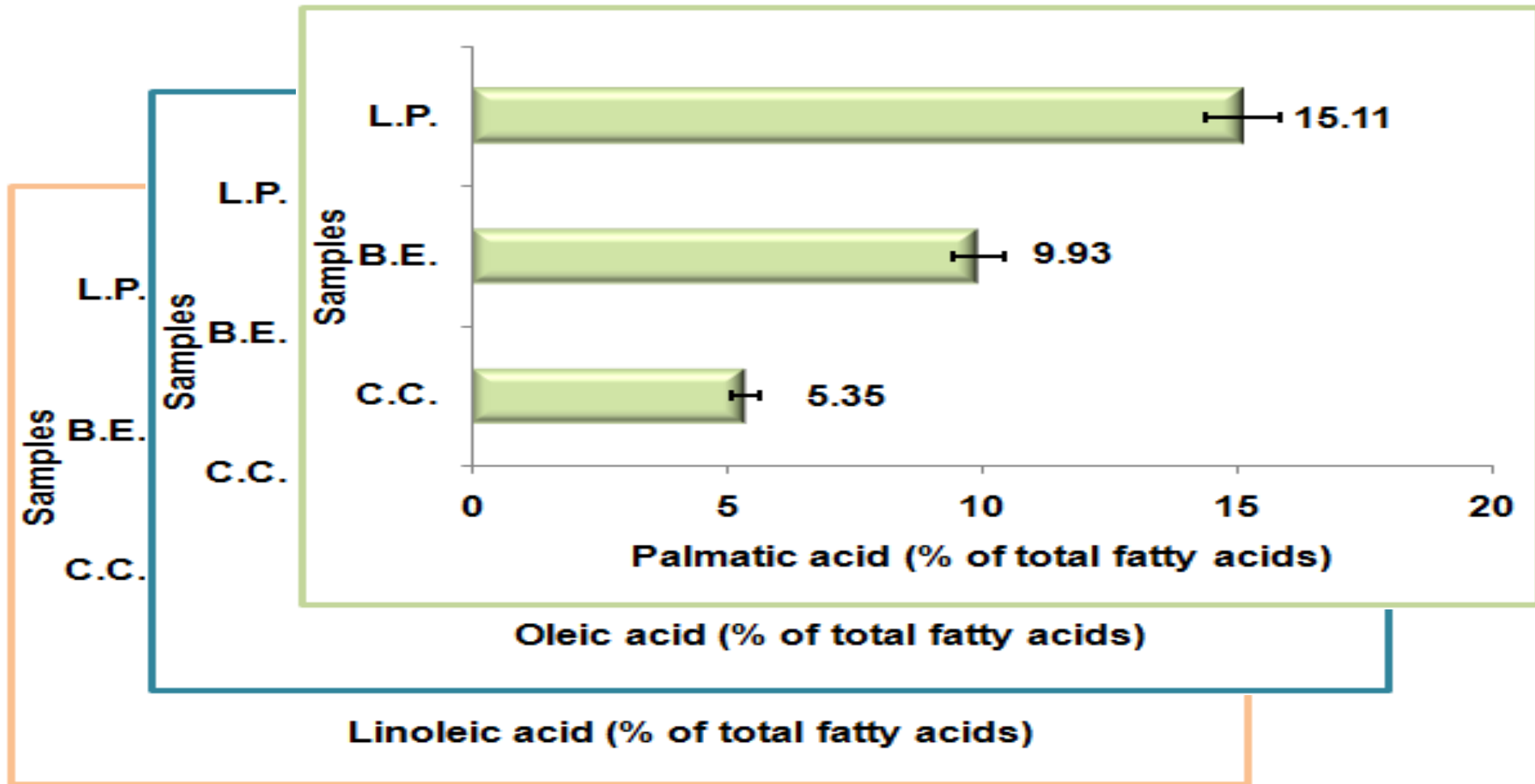
# Evaluation of antioxidant capacity and quantification of the total polyphenols content and flavonoids by UV-VIS absorption spectroscopy



# DETERMINATION OF METILATE FATTY ACIDS (FAMES) BY GC-MS TECHNIQUES



# DETERMINATION OF METILATE FATTY ACIDS (FAMES) BY GC-MS TECHNIQUES





# CONCLUSION

## ➤ Physico-chemical characterization of bioactive compounds of mushrooms

Antioxidant capacity  
(97.09  $\mu$ MTrolol/g DW)

Oleic acid  
Minerals  
(36.29% of total fatty acids)  
(9.57%)



*Cantharellus cibarius*

Total polyphenols  
Proteins  
(806.58 mg GAE/100g DW)  
(36.24%)



*Boletus edulis*



*Lactarius piperatus*

Thank  
you!

