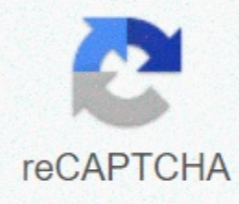I'm not robot

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Are mushrooms vegetables reddit

I get a discussion with tomatoes: scientifically it is a fruit, while it is a culinarily vegetable. But what about mushrooms? Are starch like potatoes? Cute as an apple? Is it a kind of protein-y, like beans or nuts? Maybe because my understanding of calories is a little limited. I was taught that there are four types of digestible calories – fat, sugar, protein and alcohol – is that wrong? Because if it is, I don't think I know what category the vegetables fall into, and I certainly don't know where the mushrooms are. Page 2 29 comments I make a batch of turkey meat scallops, but with homemade mushroom sauce instead of tomato sauce. Will cabbage work with mushrooms or will I exchange it for other vegetables? 3 comments The USDA classifies foods in fruits, vegetables, cereals, proteins and dairy products (and fats). Source How do they classify mushrooms, because they are not animals or plants? 33 comments Page 2 33 comments 17 comments Page 2 17 comments As Tittle says, I've lost how I can treat mushrooms from nutritional standing points. They're mushrooms, but I've been trying to eat more vegetables and fruits since I got pregnant and I'd like to know how I can categorize mushrooms. All recommendations are framed in terms of cereals, fruits, vegetables and proteins. Also, corn and avocados also confuse me so if anyone can clarify how to treat them I would be super grateful. And thank you all for the super helpful posts, being a stalker paid off and I learned a ton of :) scienceabc.com/nature...Page 2scienceabc.com/nature... I've always loved mushrooms. On my way to vegetarian countries over the past few months I've eaten more of them, especially fresh ones (instead of canned ones). I have also developed an obsession to read labels to make sure I eat enough calories, protein and fat for a healthy diet. But why are mushrooms so popular in vegetable dishes? They're not that nutritious and they're kind of expensive. Beans and peas have 5 times more protein and many times more calories. What can mushrooms offer us? I love my rooms, but now I think of them as embellishment of dishes instead of really nutritious food.edit:Thanks for all the answers. TIL mushrooms are not a great source of calories, proteins and fats, but they are great sources of vitamins, minerals, antioxidants and are very good for us (thank you / u / blargh9001 for the connection). Page 2 29 comments Mushrooms and other mushrooms are not plants. They are closely related to animals at the cellular level. They do not have a cell wall and store carbohydrates as glycogen instead of starch or cellulose. Page 2 29 comments

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