Calories 88 kcal 4%

Cholesterol 22mg 7%

Fiber 0.2g < 1%

Sodium 82 mg 3%

Carbohydrates 1.5g <1%

Fat 8.2g 13%

Protein 2.7g 5%

12 whole fresh mushrooms

1 tablespoon vegetable oil

1 tablespoon minced garlic

1 (8 ounce) package cream cheese, softened

1/4 cup grated Parmesan cheese

1/4 teaspoon ground black pepper

1/4 teaspoon onion powder

1/4 teaspoon ground cayenne pepper

Like many other food holidays, it is difficult to dig up the precise origins of National Mushroom Day. Such holidays are often started by companies or groups tied to the industry, and they may be proclaimed by all levels of regional and national legislation.

The history of the mushroom itself dates back to France in the 19th century, when citizens of this country began growing the fungi for consumption. The brown crimini mushroom was the standard around the world until tastes became more exotic and people embraced shitakes, morels and other more "gourmet" shrooms.