

The Nutrition Facts

White Mushrooms

Nutrition Facts	
1 serving	
Serving size 5 medium mushrooms (90g)	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.18mcg	1%
Calcium 3mg	0%
Iron 0.45mg	3%
Potassium 286mg	6%
Copper 0.285mg	32%
Selenium 8.35mg	15%
Riboflavin (B-2) 0.36mg	28%
Pantothenic Acid (B-5) 1.345mg	27%
Niacin (B-3) 3.245mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Crimini Mushrooms

Nutrition Facts	
1 serving	
Serving size 4 crimini mushrooms (80g)	
Amount per serving	
Calories	18
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 0.48g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.08mcg	0%
Calcium 14.4mg	1%
Iron 0.32mg	2%
Potassium 358mg	8%
Copper 0.4mg	44%
Selenium 20.8mg	38%
Riboflavin (B-2) 0.392mg	30%
Pantothenic Acid (B-5) 1.2mg	24%
Niacin (B-3) 3.04mg	19%

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Portabella Mushrooms

Nutrition Facts	
1 serving	
Serving size 1 piece whole portabella mushroom (84g)	
Amount per serving	
Calories	19
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.252mcg	1%
Calcium 3mg	0%
Iron 0.26mg	1%
Potassium 306mg	7%
Copper 0.24mg	27%
Selenium 15.6mcg	28%
Pantothenic Acid (B-5) 0.958mg	19%
Niacin (B-3) 3.78mg	24%

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Enoki Mushrooms

Nutrition Facts

1 serving
Serving size 17 large enoki mushrooms (85g)

Amount per serving
Calories 31

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 2g	
Vitamin D 0.085 mcg	0%
Calcium 0mg	0%
Iron 1mg	5%
Potassium 306mg	7%
Riboflavin (B-2) 0.17mg	13%
Folate (B-9) 41mcg	10%
Thiamin (B-1) 0.187mg	16%
Pantothenic Acid (B-5) 1.16mg	23%
Niacin (B-3) 6mg	37%

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Shiitake Mushrooms

Nutrition Facts

1 serving
Serving size 4 whole shiitake mushrooms (76g)

Amount per serving
Calories 26

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 2g	
Vitamin D 0.304mcg	2%
Calcium 2mg	0%
Iron 0.3mg	2%
Potassium 231mg	5%
Copper 0.108mg	12%
Riboflavin (B-2) 0.164mg	13%
Pantothenic Acid (B-5) 1.14mg	23%
Niacin (B-3) 3mg	18%
Vitamin B6 0.224mg	13%

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Oyster Mushrooms

Nutrition Facts

1 serving
Serving size 6 small oyster mushrooms (90g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 3g	
Vitamin D 0.63mcg	3%
Calcium 3mg	0%
Iron 1.19mg	7%
Potassium 378mg	8%
Copper 0.222mg	25%
Riboflavin (B-2) 0.312mg	24%
Folate (B-9) 34mcg	9%
Thiamin (B-1) 0.114mg	10%
Pantothenic Acid (B-5) 1.16mg	23%
Niacin (B-3) 4mg	28%

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What's a Serving of Mushrooms?



5 medium white (button) mushrooms (90g)



1 cup brown (Crimini) mushrooms (80g)



1 whole portabella mushroom (84g)



6 oyster mushrooms (90g)



4 shiitake mushrooms (76g)

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