

Nutrition Facts

Mushrooms Shitake Serving size (100g)

Amount Per Serving

Calories

300

	www.ihcare.ae	% Daily Value*
Total Fat 1g		1%
Saturated Fat 0.225g		1%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 15mg		1%
Total Carbohydrate 57g		21%
Dietary Fiber 12g		43%
Total Sugars 2g		
Includes 0g Added Sugars		0%
Protein 10g		20%
Vitamin D 0mcg		0%
Calcium 11mg		0%
Iron 1.7mg		10%
Potassium 0mg		0%
Vitamin C 3.5mg		4%
Copper 5.1mg		570%

*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.