Amount Per Serving Calories300www.ihcare.ae% Daily Value*Total Fat 1g1%Saturated Fat 0.225g1%Trans Fat 0g7Cholesterol 0mg0%Sodium 15mg1%Total Carbohydrate 57g21%Dietary Fiber 12g43%Total Sugars 2g0%Includes 0g Added Sugars0%Vitamin D 0mcg0%Iron 1.7mg10%Potassium 0mg0%Vitamin C 3.5mg4%Copper 5.1mg570%	Nutrition F Mushrooms Shitake Serving	acts y size (100g)
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Calcium 11mg0%Iron 1.7mg10%Potassium 0mg0%Vitamin C 3.5mg4%	Protein 10g	20%
Calcium 11mg0%Iron 1.7mg10%Potassium 0mg0%Vitamin C 3.5mg4%	Vitamin D 0mcg	0%
Iron 1.7mg10%Potassium 0mg0%Vitamin C 3.5mg4%		
Vitamin C 3.5mg 4%		10%
	Potassium 0mg	0%
Copper 5.1mg 570%	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.