



Nutritional Fact Sheet Mushrooms, Button

Ingredients: Dehydrated Button Mushrooms.

Description & Directions: Fresh, mature, mushrooms are washed, sliced, and dried to specifications. Rehydrate in boiling water for 8-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:8.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	8g (app. 1/4 cup)
Energy (Calories)	285	22.8
Total Fat	4.79g	0.3832g
Saturated Fat	0.67g	0.0536g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	45.7mg	3.656mg
Total Carbohydrates	53.1g	4.248g
Dietary Fiber	8.56g	0.6848g
Sugars	16g	1.28g
Protein	23.9g	1.912g
Vitamin A (IU)	0	0
Thaimin-B1	1.14mg	0.0912mg
Riboflavin	5.14mg	0.4112mg
Niacin	47mg	3.76mg
Vitamin B-6	1.14mg	0.0912mg
Vitamin C	40mg	3.2mg
Calcium	57.1mg	4.568mg
Iron	14.2mg	1.136mg
Phosphorus	1187mg	94.96mg
Potassium	4224mg	337.92mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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