



Nutritional Fact Sheet

Maitake Mushrooms

Ingredients: Dried Maitake 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.

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
Calories	393.00 kcal
Protein	28.00 g
Total Carbohydrate	58.80 g
Sugars	16.90 g
Added Sugars	0.00 g
Dietary Fiber	37.30 g
Total Fat	5.09 g
Saturated Fat	0.94 g
Cholesterol	<1.00 mg
Vitamin D	4.43 mcg
Calcium	12.10 mg
Iron	4.25 mg
Potassium	3270.00 mg
Sodium	17.10 mg
Trans Fat	<0.10 g