



## Nutritional Fact Sheet

Mushroom Bits & Pieces

**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
Calories	310.00 kcal
Protein	32.20 g
Total Carbohydrate	51.83 g
Sugars	1.40 g
Added Sugars	0.00 g
Dietary Fiber	27.35 g
Total Fat	3.13 g
Saturated Fat	0.65 g
Cholesterol	0.00 mg
Vitamin C	40.00 mg
Vitamin D	0.00 mcg
Calcium	75.50 mg
Iron	33.11 mg
Potassium	3500.00 mg
Sodium	107.50 mg
Trans Fat	0.00 g