



Nutritional Fact Sheet

Mushroom Slices

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	293.76 kcal
Protein	34.08 g
Total Carbohydrate	47.46 g
Sugars	16.45 g
Added Sugars	0.00 g
Dietary Fiber	14.10 g
Total Fat	3.88 g
Saturated Fat	0.54 g
Cholesterol	0.00 mg
Thiamin – B1	1.06 mg
Riboflavin – B2	4.98 mg
Niacin – B3	47.47 mg
Vitamin B6	1.20 mg
Vitamin C	27.03 mg
Vitamin D	0.56 mcg
Calcium	58.75 mg
Iron	12.22 mg
Phosphorus	1222.03 mg
Potassium	4347.61 mg
Sodium	47.00 mg
Trans Fat	0.00 g