



Nutritional Fact Sheet

Portabella Mushrooms

Ingredients: Dried Portabella 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	22.00 kcal
Protein	2.11 g
Total Carbohydrate	3.87 g
Sugars	2.50 g
Added Sugars	0.00 g
Dietary Fiber	1.30 g
Total Fat	0.35 g
Saturated Fat	0.01 g
Cholesterol	0.00 mg
Thiamin – B1	0.06 mg
Riboflavin – B2	0.13 mg
Niacin – B3	4.49 mg
Vitamin B6	0.15 mg
Vitamin C	0.00 mg
Vitamin D	0.25 mcg
Calcium	3.00 mg
Iron	0.31 mg
Phosphorus	108.00 mg
Potassium	364.00 mg
Sodium	9.00 mg
Trans Fat	0.00 g