



Nutritional Fact Sheet

Royal Trumpet Mushrooms

Ingredients: Dried Royal Trumpet 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	361.00 kcal
Protein	15.70 g
Total Carbohydrate	67.90 g
Sugars	1.27 g
Added Sugars	0.00 g
Dietary Fiber	23.30 g
Total Fat	2.96 g
Saturated Fat	0.66 g
Cholesterol	<0.86 mg
Vitamin D	60.90 mcg
Calcium	6.76 mg
Iron	4.02 mg
Potassium	2720.00 mg
Sodium	29.70 mg
Trans Fat	<0.10 g