



Nutritional Fact Sheet

Shiitake Mushrooms

Ingredients: Dried Shiitake 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	296.00 kcal
Protein	9.58 g
Total Carbohydrate	75.37 g
Sugars	2.21 g
Added Sugars	0.00 g
Dietary Fiber	11.50 g
Total Fat	0.99 g
Saturated Fat	0.23 g
Cholesterol	0.00 mg
Thiamin – B1	0.30 mg
Riboflavin – B2	1.27 mg
Niacin – B3	14.10 mg
Vitamin B6	0.97 mg
Vitamin C	3.50 mg
Vitamin D	3.85 mcg
Calcium	11.00 mg
Iron	1.72 mg
Phosphorus	294.00 mg
Potassium	1534.00 mg
Sodium	13.00 mg
Trans Fat	0.00 g