



Nutritional Fact Sheet

FD Mushrooms

Ingredients: Freeze Dried Button Mushrooms.

Description & Directions: Natural super-clean freeze-dried Button Mushrooms. 1 Pound of freeze dried mushrooms replaces 16 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	3g (app. 1/4 cup)
Energy (Calories)	293.76	8.81
Total Fat	3.88g	0.12g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	47.00mg	1.41mg
Total Carbohydrates	17.39g	0.52g
Dietary Fiber	14.10g	0.42g
Sugars	16.45g	0.49g
Protein	34.08g	1.02g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	1.06mg	0.03mg
Riboflavin	4.98mg	0.15mg
Niacin	47.47mg	1.42mg
Vitamin B-6	1.20mg	0.04mg
Vitamin C	27.03mg	0.81mg
Calcium	58.75mg	1.76mg
Iron	12.22mg	0.37mg
Phosphorus	1222.03mg	36.66mg
Potassium	4347.61mg	130.43mg

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