



Nutritional Fact Sheet

Mushrooms, Button

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	8g (app. 1/4 cup)
Energy (Calories)	285.00	22.80
Total Fat	4.79g	0.38g
Saturated Fat	0.67g	0.05g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	45.70mg	3.66mg
Total Carbohydrates	53.10g	4.25g
Dietary Fiber	8.56g	0.68g
Sugars	16.00g	1.28g
Protein	23.90g	1.91g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	1.14mg	0.09mg
Riboflavin	5.14mg	0.41mg
Niacin	47.00mg	3.76mg
Vitamin B-6	1.14mg	0.09mg
Vitamin C	40.00mg	3.20mg
Calcium	57.10mg	4.57mg
Iron	14.20mg	1.14mg
Phosphorus	1187.00mg	94.96mg
Potassium	4224.00mg	337.92mg

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