

Nutrition Facts

Serving Size 1 mushroom (312g)

Serving Per Container 4

Amount Per Serving

Calories 250

Calories from Fat 50

%Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.0g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 44g **15%**

Dietary Fiber 6g **25%**

Sugars 4g

Protein 7g **13%**

Vitamin A 8%

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Vitamin C 70%

Calcium 10%

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Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g