

Mushrooms, Chanterelle
Serving Size



mushrooms (54g) grams

Amount Per Serving

Calories 20

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 4 g	1%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 3 mcg	3%
Calcium 8 mg	0%
Iron 2 mg	10%
Potassium 270 mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: