Mushrooms, Hedgehog **Serving Size**

mushrooms (66g) 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 15 mg	1%
Total Carbohydrate 3 g	1%
Dietary Fiber 2 g	7%
Total Sugars 0 g	
Includes 0 g Added Sug	gars 0 %
Protein 2 g	

Vitamin D 3 mcg Calcium 28 mg 2% 45% Iron 8 mg Potassium 270 mg

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: