

## Mushrooms, Hedgehog

### Serving Size

**mushrooms (66g) grams**

Amount Per Serving

**Calories 20**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 2 g	
Vitamin D 3 mcg	3%
Calcium 28 mg	2%
Iron 8 mg	45%
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:**

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