

Mushrooms, Morel
Serving Size



(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 Sugars	0%
Protein 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:

