

Mushrooms, Oyster

Serving Size 86 grams

Amount Per Serving

Calories 30

% 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 5 g	2%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 1 mcg	1%
Calcium 3 mg	0%
Iron 1 mg	6%
Potassium 360 mg	8%

*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: No known allergens in this product.

Ingredients: This product contains mushrooms.
