

**Mushrooms, Oyster**

**Serving Size** 86 grams

Amount Per Serving

**Calories** 30

**% Daily Value** \*

<b>Total Fat</b> 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 15 mg	1%
<b>Total Carbohydrate</b> 5 g	2%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 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.

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