

**Mushrooms, Oyster**  
**Serving Size 86 grams**

Amount Per Serving  
**Calories 30**

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

\* 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.