

Mushrooms, Woodear  
Serving Size



(70g) grams

Amount Per Serving

Calories 15

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	2%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0.14 mcg	0.14%
Calcium 2 mg	0%
Iron 0.35 mg	2%
Potassium 220 mg	4%

\*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:

