

## Mushrooms, Woodear

### Serving Size

(70g) grams

Amount Per Serving

**Calories** **15**

	% 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> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 2 g	<b>1%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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:**