



# Fresh Mushroom Nutrition Facts

NUTRITION

Nutrition Facts	UNIT	RDV	Whites & "General" Mushroom				Baby Bellas				Portabellas			
			AMT PER	% DV calc.	LABEL Amt	LABEL % DV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV
Serving Size			5 med. or 2/3 C sliced 85g /3.0 oz.				5 med. or 2/3 C sliced 85g /3.0 oz.				2/3 C sliced - 85g /3.0 oz.			
Calories (per serving)	kcal	n/a	20		20		20		20		20		20	
Total Fat	g	78	0	0%	0 g	0%	0.09	0.1%	0 g	0%	0.3	0.4%	0 g	0%
Saturated Fat	g	20	0	0%	0 g	0%	0.012	0.1%	0 g	0%	0.051	0.3%	0 g	0%
Trans Fat	g	n/a	0	n/a	0 g	n/a	0	n/a	0 g	n/a	0	n/a	0 g	n/a
Cholesterol	mg	300	0	0%	0 mg	0%	0	0.0%	0 mg	0%	0	0.0%	0 mg	0%
Sodium	mg	2300	15	0.7%	15 mg	1%	5	0.2%	5 mg	0%	8	0.3%	10 mg	0%
Total Carbohydrates	g	275	3	1.1%	3 g	1%	3.65	1.3%	4 g	1%	3.29	1.2%	3 g	1%
Dietary Fiber	g	28	1	3.6%	1 g	4%	0.5	1.8%	<1 g	2%	1.1	3.9%	1 g	4%
Total Sugars	g	n/a	0	n/a	0 g	n/a	1.46	n/a	1 g	n/a	2.12	n/a	2 g	n/a
Incl. Added Sugars	g	50	0	0%	0 g	0%	0	0.0%	0 g	0%	0	0.0%	0 g	0%
Protein	g	50	3	6.0%	3 g	n/a	2.12	4.2%	2 g	n/a	1.79	3.6%	2 g	n/a
Vitamin D	mcg	20	0.2	1.0%	0 mcg	0%	0.1	0.5%	0 mcg	0%	0.3	1.5%	0 mcg	<2%
Calcium	mg	1300	0	0%	0 mg	0%	15	1.2%	20 mg	0%	3	0.2%	0 mg	0%
Iron	mg	18	2	10.0%	2 mg	10%	0.34	1.9%	0.3 mg	0%	0.26	1.4%	0.3 mg	0%
Potassium	mg	4700	300	6.4%	300 mg	6%	381	8.1%	380 mg	8%	309	6.6%	310 mg	6%
Riboflavin	mg	1.3	0.342	26.3%	0.3 mg	25%	0.416	32.0%	0.4 mg	30%	0.111	8.5%	0.1 mg	8%
Niacin	mg	16	3.07	19.2%	3 mg	20%	3.23	20.2%	3 mg	20%	3.82	23.9%	4 mg	25%
Pantothenic Acid	mg	5	1.27	25.4%	1 mg	25%	1.275	25.5%	1 mg	25%	0.9	18.0%	1 mg	20%
Selenium	mcg	55	7.9	14.4%	8 mcg	15%	22.1	40.2%	22 mcg	40%	15.6	28.4%	16 mcg	30%
Copper	mg	0.9	0.27	30.0%	0.3 mg	30%	0.425	47.2%	0.4 mg	50%	0.3	33.3%	0.3 mg	35%

Sourced from FDA and USDA databases



# Fresh Mushroom Nutrition Facts

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UV-Exposed Whole Mushrooms															
				Whites & "General" Mushroom				Baby Bellas				Portabellas			
Nutrition Facts		UNIT	RDV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV
Serving Size				5 med. or 2/3 C sliced 85g /3.0 oz.				5 med. or 2/3 C sliced 85g /3.0 oz.				2/3 C sliced - 85g /3.0 oz.			
Calories (per serving)		kcal	n/a	20		20		20		20		20		20	
Total Fat	g	78		0	0%	0 g	0%	0.09	0.1%	0 g	0%	0.3	0.4%	0 g	0%
Saturated Fat	g	20		0	0%	0 g	0%	0.012	0.1%	0 g	0%	0.051	0.3%	0 g	0%
Trans Fat	g	n/a		0	n/a	0 g	n/a	0	n/a	0 g	n/a	0	n/a	0 g	n/a
Cholesterol	mg	300		0	0%	0 mg	0%	0	0.0%	0 mg	0%	0	0.0%	0 mg	0%
Sodium	mg	2300		15	0.7%	15 mg	1%	5	0.2%	5 mg	0%	8	0.3%	10 mg	0%
Total Carbohydrates	g	275		3	1.1%	3 g	1%	3.65	1.3%	4 g	1%	3.29	1.2%	3 g	1%
Dietary Fiber	g	28		1	3.6%	1 g	4%	0.5	1.8%	<1 g	2%	1.1	3.9%	1 g	4%
Total Sugars	g	n/a		0	n/a	0 g	n/a	1.46	n/a	1 g	n/a	2.12	n/a	2 g	n/a
Incl. Added Sugars	g	50		0	0%	0 g	0%	0	0.0%	0 g	0%	0	0.0%	0 g	0%
Protein	g	50		3	6.0%	3 g	n/a	2.12	4.2%	2 g	n/a	1.79	3.6%	2 g	n/a
Vitamin D	mcg	20		10	50%	10 mcg	50%	10	50%	10 mcg	50%	10	50%	10 mcg	50%
Calcium	mg	1300		0	0%	0 mg	0%	15	1.2%	20 mg	0%	3	0.2%	0 mg	0%
Iron	mg	18		2	10.0%	2 mg	10%	0.34	1.9%	0.3 mg	0%	0.26	1.4%	0.3 mg	0%
Potassium	mg	4700		300	6.4%	300 mg	6%	381	8.1%	380 mg	8%	309	6.6%	310 mg	6%
Riboflavin	mg	1.3		0.342	26.3%	0.3 mg	25%	0.416	32.0%	0.4 mg	30%	0.111	8.5%	0.1 mg	8%
Niacin	mg	16		3.07	19.2%	3 mg	20%	3.23	20.2%	3 mg	20%	3.82	23.9%	4 mg	25%
Pantothenic Acid	mg	5		1.27	25.4%	1 mg	25%	1.275	25.5%	1 mg	25%	0.9	18.0%	1 mg	20%
Selenium	mcg	55		7.9	14.4%	8 mcg	15%	22.1	40.2%	22 mcg	40%	15.6	28.4%	16 mcg	30%
Copper	mg	0.9		0.27	30.0%	0.3 mg	30%	0.425	47.2%	0.4 mg	50%	0.3	33.3%	0.3 mg	35%

Sourced from FDA and USDA databases and Monterey Mushrooms for independent analysis of vitamin D



# Fresh Mushroom Nutrition Facts

NUTRITION

Nutrition Facts	UNIT	RDV	Shiitake Mushrooms				Oyster Mushrooms			
			AMT PER	% DV calc.	LABEL Amt	LABEL % DV	AMT PER	% DV calc.	LABEL Amt	LABEL % DV
Serving Size			85g /3.0 oz.				85g /3.0 oz.			
Calories (per serving)	kcal	n/a	28.9		30		28.1		30	
Total Fat	g	78	0.417	0.53%	0 g	1%	0.35	0.4%	0 g	0%
Saturated Fat	g	20	0	0%	0 g	0%	0.05	0.3%	0 g	0%
Trans Fat	g	n/a	0	n/a	0 g	n/a	0	n/a	0 g	n/a
Cholesterol	mg	300	0	0%	0 mg	0%	0	0.0%	0 mg	0%
Sodium	mg	2300	7.65	0.3%	10 mg	0%	15.3	0.7%	15 mg	0%
Total Carbohydrates	g	275	5.77	2.1%	6 g	2%	5.18	1.9%	5 g	2%
Dietary Fiber	g	28	2.13	7.6%	2 g	8%	1.96	7.0%	2 g	6%
Total Sugars	g	n/a	2.02	n/a	2 g	n/a	0.94	n/a	1 g	n/a
Incl. Added Sugars	g	50	0	0%	0 g	0%	0	0%	0 g	0%
Protein	g	50	1.9	n/a	2 g	n/a	2.81	n/a	3 g	n/a
Vitamin D	mcg	20	0.34	1.7%	0.3 mcg	2%	0.6	3.0%	0.6 mcg	2%
Calcium	mg	1300	1.7	0.1%	0 mg	0%	2.55	0.2%	0 mg	0%
Iron	mg	18	0.349	1.9%	0.3 mg	2%	1.13	6.3%	1.1 mg	6%
Potassium	mg	4700	258	5.5%	260 mg	6%	357	7.6%	360 mg	8%
Riboflavin	mg	1.3	0.184	14.2%	0.2 mg	15%	0.3	22.8%	0.3 mg	25%
Niacin	mg	16	3.295	20.6%	3.3 mg	20%	4.21	26.3%	4.2 mg	25%
Pantothenic Acid	mg	5	1.275	25.5%	1.3 mg	25%	1.1	22.0%	1.1 mg	20%
Selenium	mcg	55	4.845	8.8%	5 mcg	8%	2.21	4.0%	3 mcg	4%
Copper	mg	0.9	0.121	13.4%	0.1 mg	15%	0.21	23.0%	0.2 mg	25%

Sourced from FDA and USDA databases