

Nutrition Facts

Serving size 2 mushroom caps

Amount Per Serving

Calories

50

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.7g 4%

Trans Fat 0g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 2.2g

Cholesterol < 5mg 1%

Sodium 115mg 5%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 0.7mg 4%

Potassium 175mg 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.