

Mushrooms—Pieces and Stems

Nutrition Facts:

Serving Size
Servings per Container

½ cup (120 g)
About 25

Amount per Serving:

Calories: 25
Calories from Fat: 0

	% Dietary Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	

Vitamin A 0%

Vitamin C 50%

Calcium 0%

Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

Ingredients:

Mushrooms, Water, Salt, Citric Acid, Ascorbic Acid, and EDTA