



## Nutrition Facts 營養標示

About 4.5 Servings per container 本包含量

Serving size 攝取份量 100g (克)

Amount Per Serving 每餐食用量

**Calories 總熱量 340**

%Daily Value\* 每日食用值

Total Fat 總脂肪 0g 0%

Saturated Fat 飽和脂肪 0g 0%

Trans Fat 反式脂肪 0g

Cholesterol 膽固醇 0mg 0%

Sodium 鈉 120mg 5%

Total Carbohydrate 總碳水化合物 73g 27%

Dietary Fiber 膳食纖維 4g 14%

Total Sugars 糖 0g

Includes 0g Added Sugars 含添加糖 0%

Protein 蛋白質 11g

Vitamin D 維他命D 0mcg 0%

Calcium 鈣質 495mg 38%

Iron 鐵質 12mg 67%

Potassium 鉀 52mg 1%

\* 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. 每日食用值 % 表示每份食物中的營養值占每日食用量中營養值的比例。正常營養建議一天攝入 2,000 卡路里。

### Ingredients:

**Dried Wood Ear.**

**May contain naturally occurring sulfur compounds.**

**Store in a dry, cool place.**

***"Mushrooms--The World's Oldest Super Food". For thousands of years, mushrooms have been enjoyed for their delicious flavors and healthy benefits. Mushrooms are an all natural source of Vitamin D, minerals, amino acids, electrolytes and Omega 3 & 6, which help stimulate the immune system, lower cholesterol and reduce the danger of cancer growth.***

***These dark and exotic wood ear mushrooms add a mild flavor and crunchy texture to any dish, Best used in soups, Stir-frys and sauces.***

***Cooking instructions: Steep in warm water for 30 minutes. Remove, rinse and squeeze dry. Cut to desired sizes. Sautee in olive oil or butter, reserve the flavorful soaking liquid, strain and add to your favorite recipe. Or visit [www.greatporcini.com](http://www.greatporcini.com) for more information and recipes.***

***Grown and packed by:  
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