



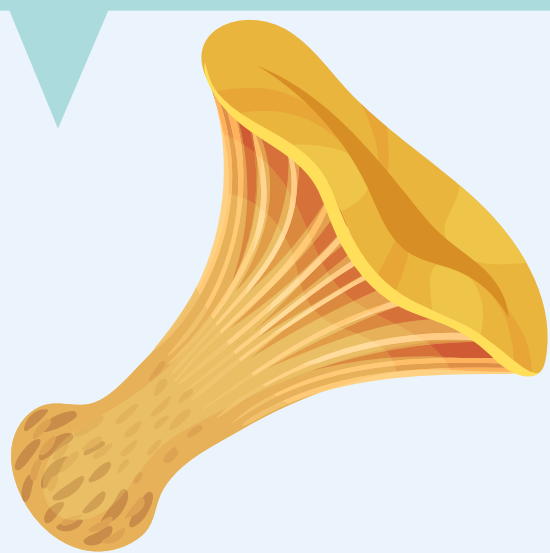
# CHANTERELLE MUSHROOM NUTRITION FACTS



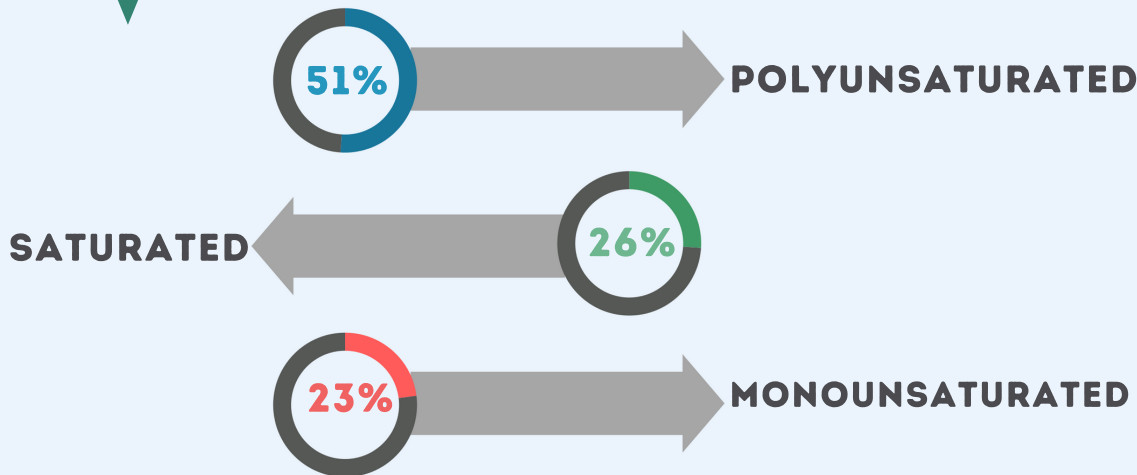
## CALORIES 32/100GM

	AMOUNT
CARBOHYDRATE	6.86 G
FAT	0.53 G
PROTEIN	1.49 G
CHOLESTEROL	0.00
FIBER	3.8 G
RIBOFLAVIN	0.215 MG
SODIUM, NA	9 MG
THIAMIN	0.015 MG

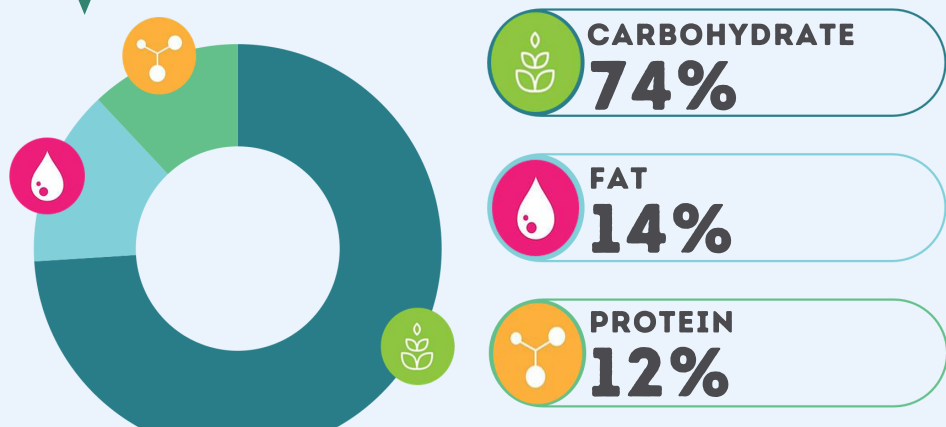
	AMOUNT
NIACIN	4.085 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.044 MG
VITAMIN C	0.00
VITAMIN D	5.30 MCG
FOLATE	2 MCG



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### CHANTERELLE MUSHROOM OTHER NAMES

CANTHARELLUS CIBARIUS  
CHANTERELLES  
GOLDEN CHANTERELLES

### MINERALS IN CHANTERELLE MUSHROOM

15 MG	CALCIUM, CA	1 % (DV)
0.353 MG	COPPER, CU	39 % (DV)
3.47 MG	IRON, FE	19 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
2.2 MCG	SELENIUM, SE	4 % (DV)
57 MG	PHOSPHORUS, P	8 % (DV)
506 MG	POTASSIUM, K	11 % (DV)
0.71 MG	ZINC, ZN	6 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.