



CREMINI MUSHROOM NUTRITION FACTS

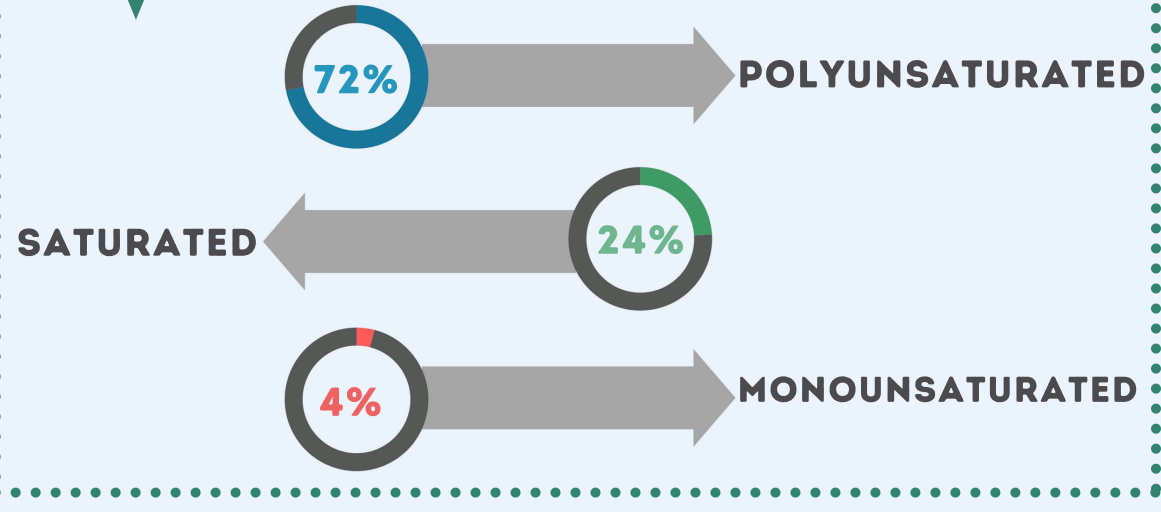


CALORIES 22/100GM

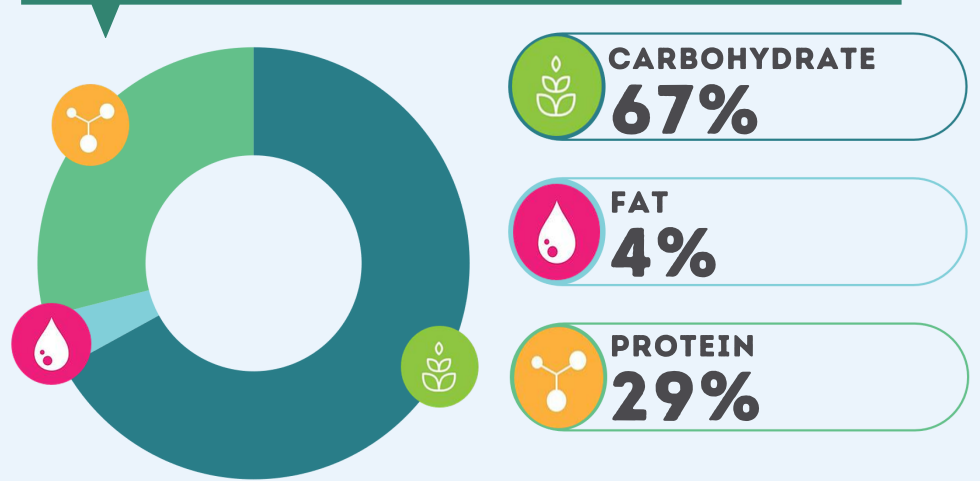
	AMOUNT		AMOUNT
CARBOHYDRATE	4.30 G	NIACIN	3.800 MG
FAT	0.10 G	VITAMIN A	0.00
PROTEIN	2.50 G	VITAMIN B12	0.10 MCG
CHOLESTEROL	0.00	VITAMIN B6	0.110 MG
FIBER	0.6 G	VITAMIN C	0.00
RIBOFLAVIN	0.490 MG	VITAMIN D	0.00
SODIUM, NA	6 MG	FOLATE	25 MCG
THIAMIN	0.095 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CREMINI MUSHROOM OTHER NAMES

- AGARICUS BISPORUS
- COMMON BROWN
- ROMAN
- BABY BELLA
- BABY PORTOBELLO

MINERALS IN POTATO

18 MG	CALCIUM, CA	1 % (DV)
0.500 MG	COPPER, CU	56 % (DV)
0.40 MG	IRON, FE	2 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
26 MCG	SELENIUM, SE	47 % (DV)
120 MG	PHOSPHORUS, P	17 % (DV)
448 MG	POTASSIUM, K	10 % (DV)
1.10 MG	ZINC, ZN	10 % (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.