



ENOKI MUSHROOM NUTRITION FACTS

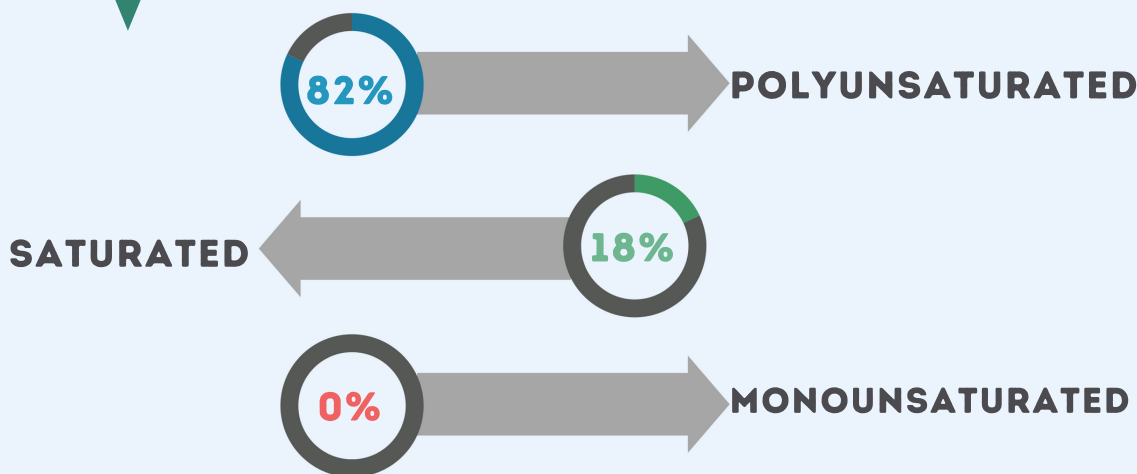


CALORIES 37/100GM

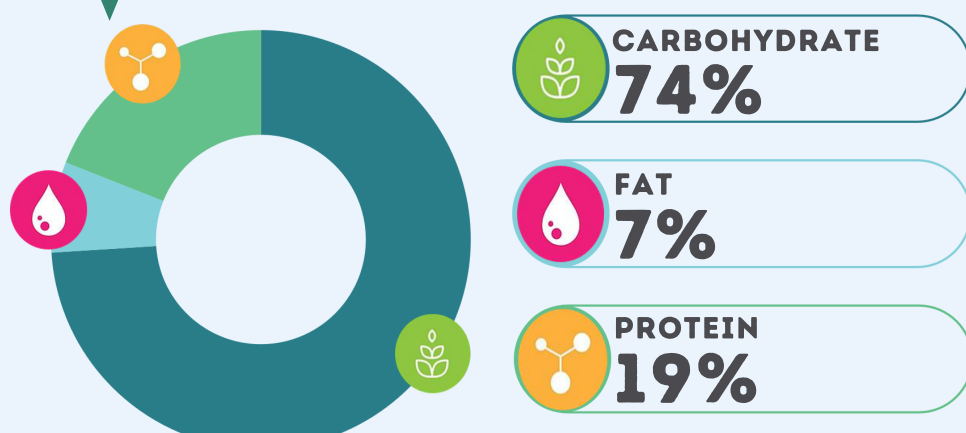
	AMOUNT		AMOUNT
CARBOHYDRATE	7.81 G	NIACIN	7.032 MG
FAT	0.29 G	VITAMIN A	0.00
PROTEIN	2.66 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.100 MG
FIBER	2.7 G	VITAMIN C	0.00
RIBOFLAVIN	0.200 MG	VITAMIN D	0.10 MCG
SODIUM, NA	3 MG	FOLATE	48 MCG
THIAMIN	0.225 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



ENOKI MUSHROOM OTHER NAMES

- FLAMMULINA VELUTIPES
- ENOKITAKE
- GOLDEN MUSHROOM
- VELVET SHANK
- BASIDIOMYCOTINA
- AGARICALES
- TRICHOLOMATACEAE
- FLAMMULINA

MINERALS IN ENOKI MUSHROOM

0.00 MG	CALCIUM, CA	0 % (DV)
0.107 MG	COPPER, CU	12 % (DV)
1.15 MG	IRON, FE	6 % (DV)
16 MG	MAGNESIUM, MG	4 % (DV)
2.2 MCG	SELENIUM, SE	4 % (DV)
105 MG	PHOSPHORUS, P	15 % (DV)
359 MG	POTASSIUM, K	8 % (DV)
0.65 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.