



MAITAKE MUSHROOM NUTRITION FACTS

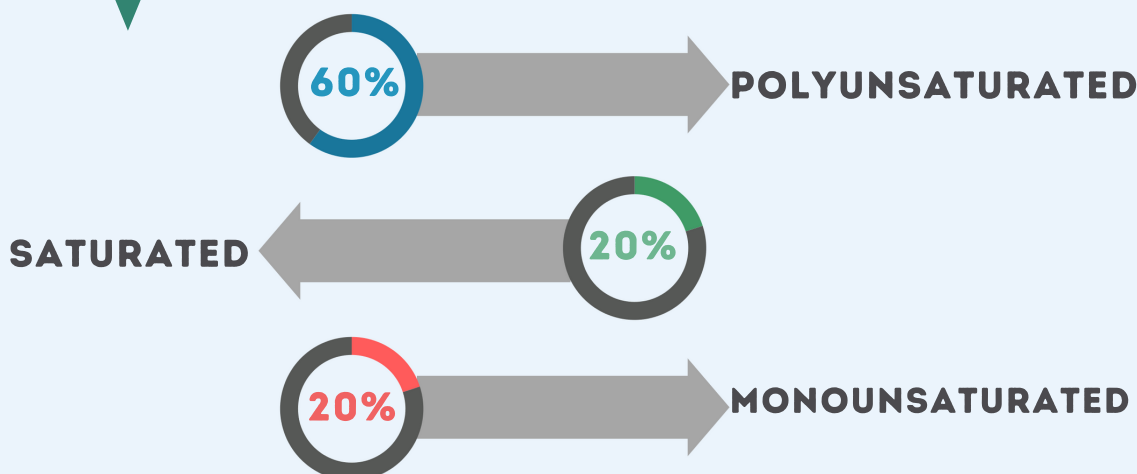


CALORIES 31/100GM

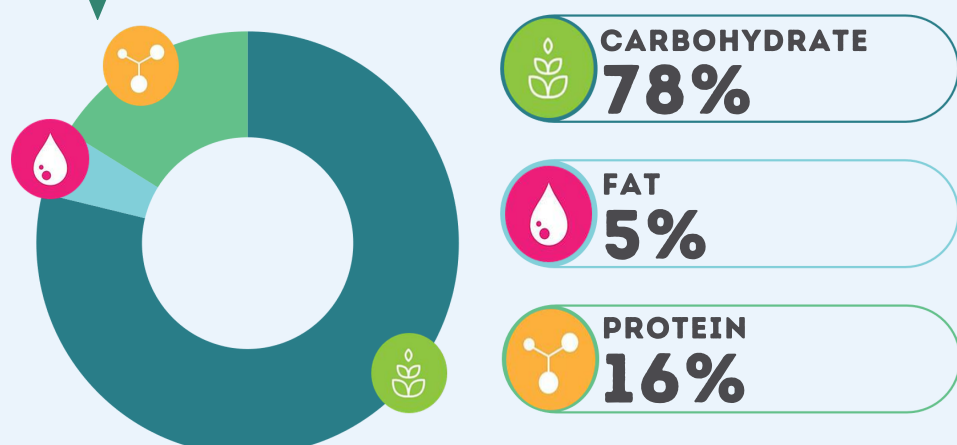
| | AMOUNT | | AMOUNT |
|--------------|----------|-------------|-----------|
| CARBOHYDRATE | 6.97 G | NIACIN | 6.585 MG |
| FAT | 0.19 G | VITAMIN A | 0.00 |
| PROTEIN | 1.94 G | VITAMIN B12 | 0.00 |
| CHOLESTEROL | 0.00 | VITAMIN B6 | 0.056 MG |
| FIBER | 2.7 G | VITAMIN C | 0.00 |
| RIBOFLAVIN | 0.242 MG | VITAMIN D | 28.10 MCG |
| SODIUM, NA | 1 MG | FOLATE | 21 MCG |
| THIAMIN | 0.146 MG | | |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



MAITAKE MUSHROOM OTHER NAMES

- GRIFOLA FRONDOSA
- CHAMPIGNON DANSANT
- GRIFOLA
- MONKEY'S BENCH
- SHELF FUNGI
- DANCING MUSHROOM
- HEN OF THE WOODS

MINERALS IN MAITAKE MUSHROOM

| | | |
|----------|---------------|-----------|
| 1 MG | CALCIUM, CA | 0 % (DV) |
| 0.252 MG | COPPER, CU | 28 % (DV) |
| 0.30 MG | IRON, FE | 2 % (DV) |
| 10 MG | MAGNESIUM, MG | 2 % (DV) |
| 2.2 MCG | SELENIUM, SE | 4 % (DV) |
| 74 MG | PHOSPHORUS, P | 11 % (DV) |
| 204 MG | POTASSIUM, K | 4 % (DV) |
| 0.75 MG | ZINC, ZN | 7 % (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.