



MOREL MUSHROOM NUTRITION FACTS

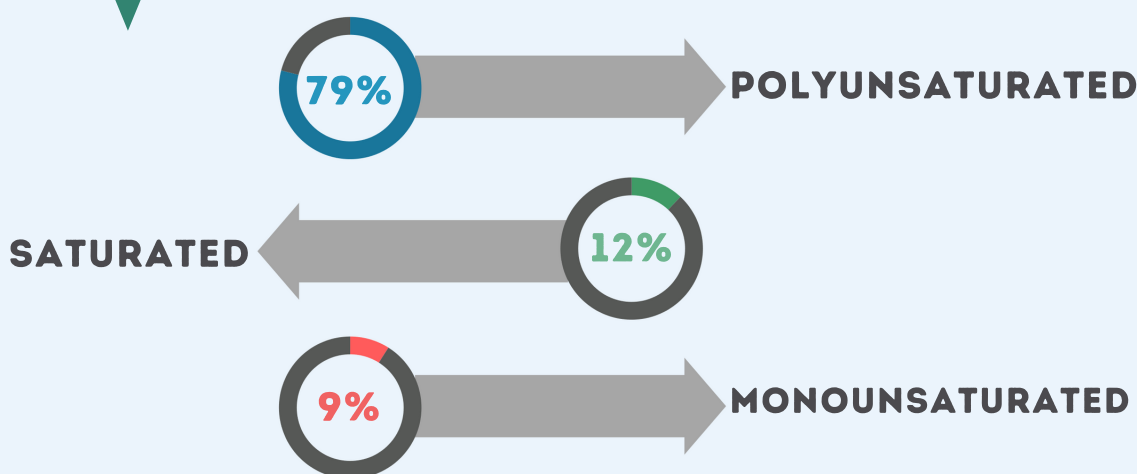


CALORIES 37/100GM

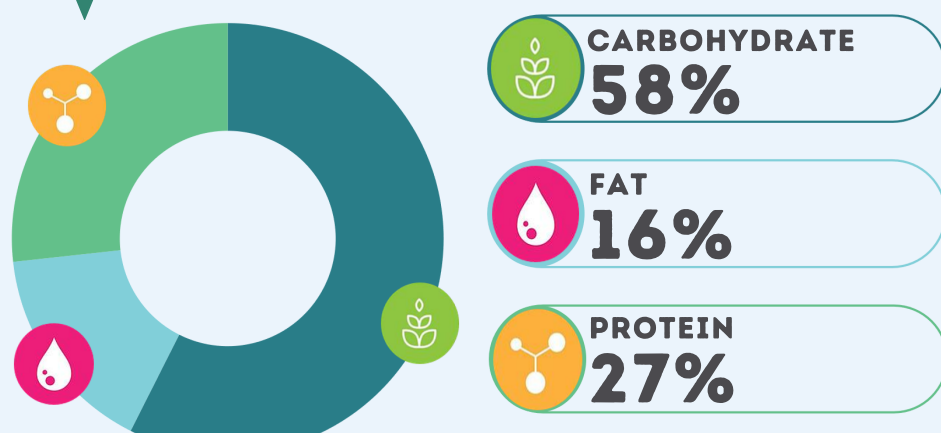
	AMOUNT		AMOUNT
CARBOHYDRATE	5.10 G	NIACIN	2.252 MG
FAT	0.57 G	VITAMIN A	0.00
PROTEIN	3.12 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.136 MG
FIBER	2.8 G	VITAMIN C	0.00
RIBOFLAVIN	0.205 MG	VITAMIN D	5.10 MCG
SODIUM, NA	21 MG	FOLATE	9 MCG
THIAMIN	0.069 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



MOREL MUSHROOM OTHER NAMES

- MORCHELLA
- GUCHI
- YELLOW MOREL
- SPONGE MOREL
- MOLLY MOOCHER
- HAYSTACK
- DRYLAND FISH
- TRUE MOREL

MINERALS IN MOREL MUSHROOM

43 MG	CALCIUM, CA	3 % (DV)
0.625 MG	COPPER, CU	69 % (DV)
12.18 MG	IRON, FE	68 % (DV)
19 MG	MAGNESIUM, MG	5 % (DV)
2.2 MCG	SELENIUM, SE	4 % (DV)
194 MG	PHOSPHORUS, P	28 % (DV)
411 MG	POTASSIUM, K	9 % (DV)
2.03 MG	ZINC, ZN	18 % (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.