

# OYSTER MUSHROOM NUTRITION FACTS

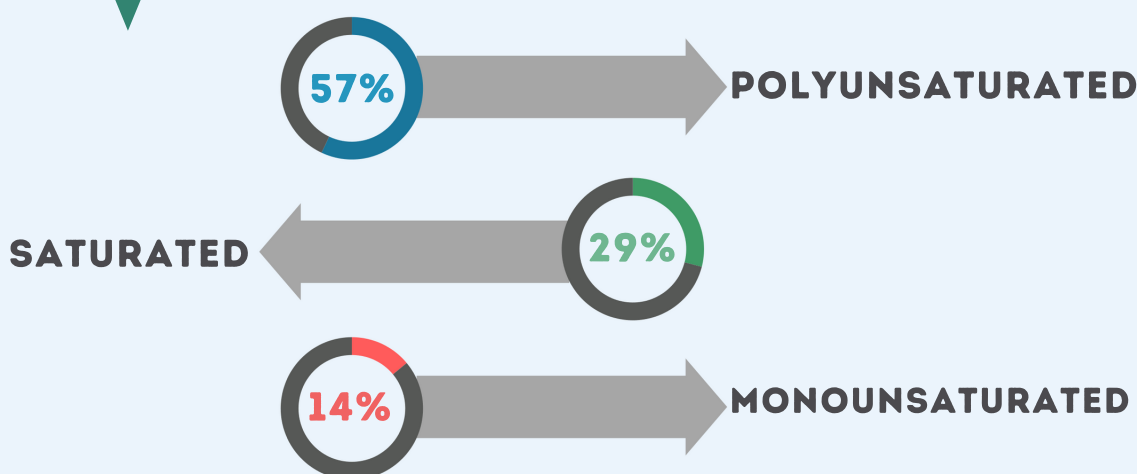


## CALORIES 33/100GM

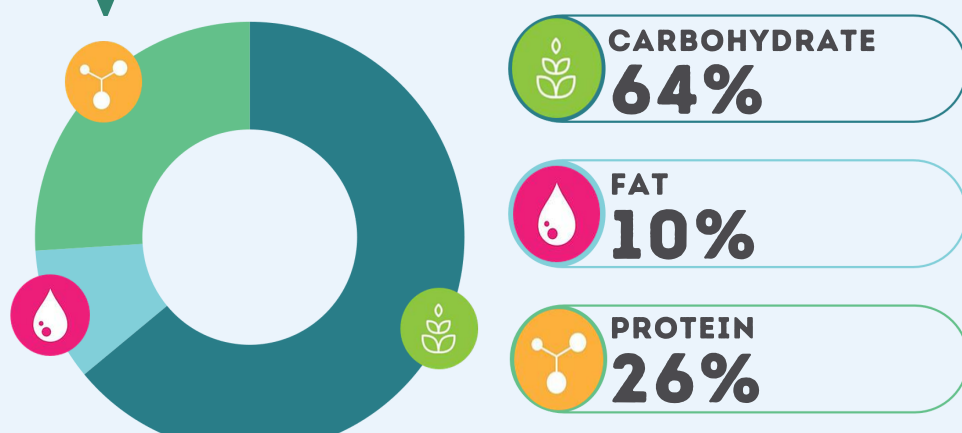
	AMOUNT		AMOUNT
CARBOHYDRATE	6.09 G	NIACIN	4.956 MG
FAT	0.41 G	VITAMIN A	2.00 MCG
PROTEIN	3.31 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.110 MG
FIBER	2.3 G	VITAMIN C	0.00
RIBOFLAVIN	0.349 MG	VITAMIN D	0.70 MCG
SODIUM, NA	18 MG	FOLATE	38 MCG
THIAMIN	0.125 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### OYSTER MUSHROOM OTHER NAMES

PLEUROTUS OSTREATUS  
OYSTER FUNGUS  
HIRATAKE  
ABALONE  
TREE MUSHROOM

### MINERALS IN OYSTER MUSHROOM

3 MG	CALCIUM, CA	0 % (DV)
0.244 MG	COPPER, CU	27 % (DV)
1.33 MG	IRON, FE	7 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
2.6 MCG	SELENIUM, SE	5 % (DV)
120 MG	PHOSPHORUS, P	17 % (DV)
420 MG	POTASSIUM, K	9 % (DV)
0.77 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.