



PORTABELLA MUSHROOM NUTRITION FACTS



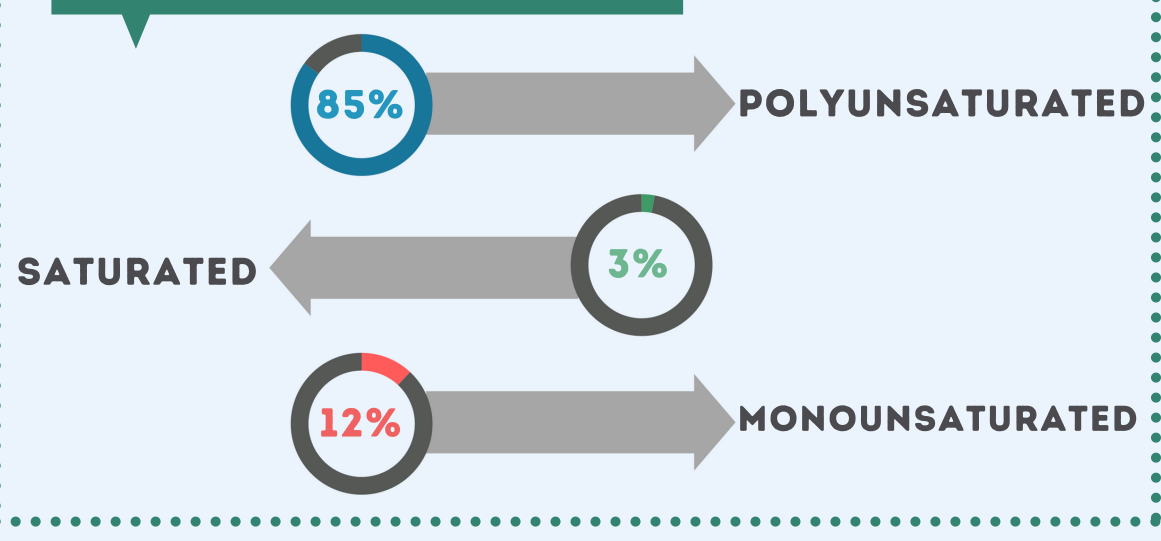
CALORIES 22/100GM

	AMOUNT
CARBOHYDRATE	3.87 G
FAT	0.35 G
PROTEIN	2.11 G
CHOLESTEROL	0.00
FIBER	1.3 G
RIBOFLAVIN	0.130 MG
SODIUM, NA	9 MG
THIAMIN	0.059 MG

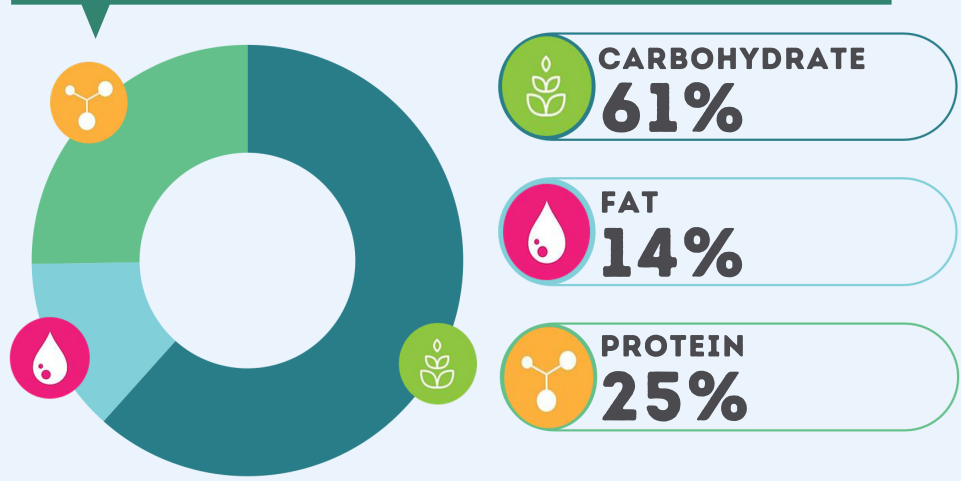
	AMOUNT
NIACIN	4.494 MG
VITAMIN A	0.00
VITAMIN B12	0.05 MCG
VITAMIN B6	0.148 MG
VITAMIN C	0.00
VITAMIN D	0.30 MCG
FOLATE	28 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



PORTABELLA MUSHROOM OTHER NAMES

AGARICUS BISPORUS
PORTOBELLO MUSHROOMS

MINERALS IN PORTABELLA MUSHROOM

3 MG	CALCIUM, CA	0 % (DV)
0.286 MG	COPPER, CU	32 % (DV)
0.31 MG	IRON, FE	2 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
18.6 MCG	SELENIUM, SE	10 % (DV)
112 MG	PHOSPHORUS, P	34 % (DV)
364 MG	POTASSIUM, K	8 % (DV)
0.53 MG	ZINC, ZN	5 % (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.