



SHIITAKE MUSHROOM NUTRITION FACTS



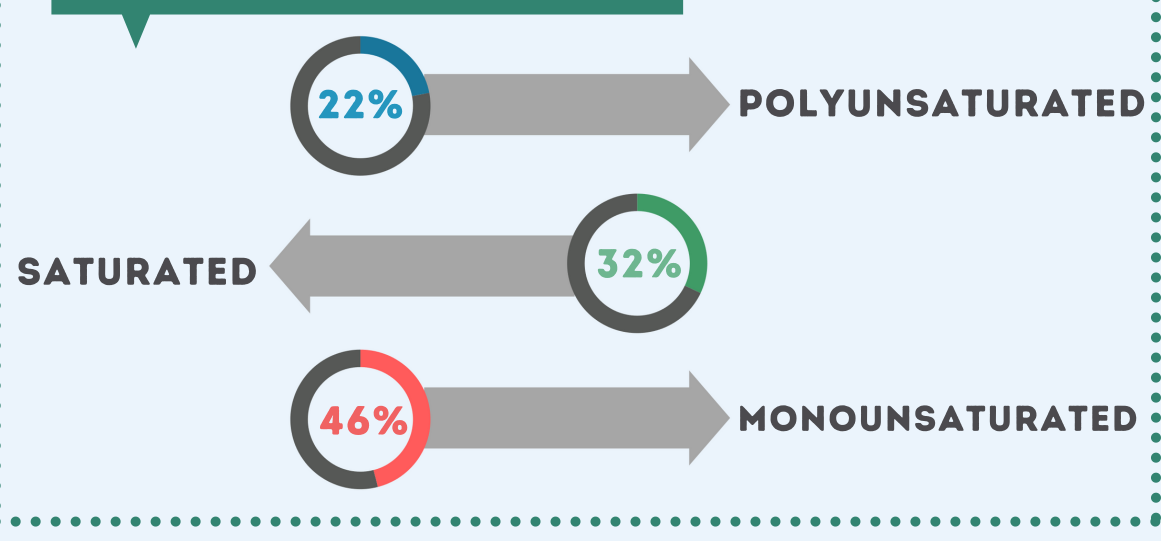
CALORIES 34/100GM

	AMOUNT
CARBOHYDRATE	6.79 G
FAT	0.49 G
PROTEIN	2.24 G
CHOLESTEROL	0.00
FIBER	2.5 G
RIBOFLAVIN	0.217 MG
SODIUM, NA	9 MG
THIAMIN	0.015 MG

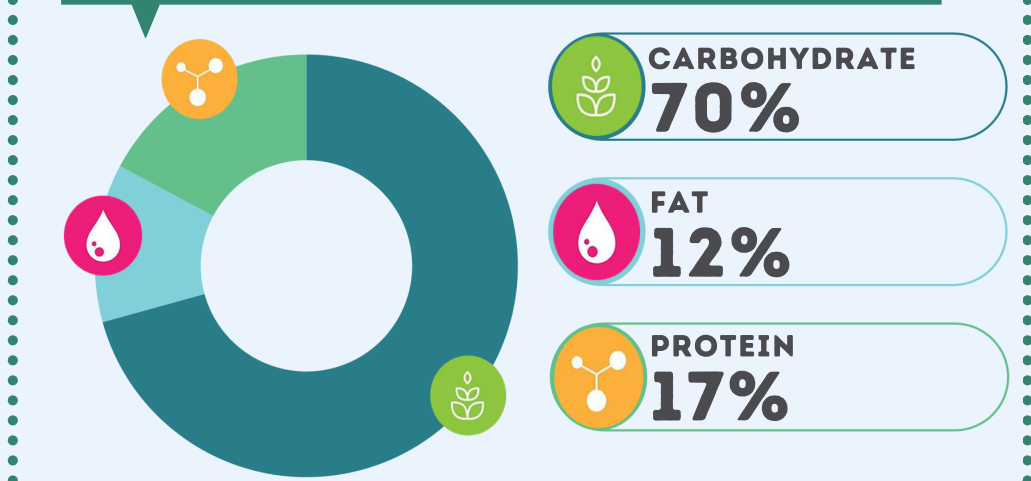
	AMOUNT
NIACIN	3.877 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.293 MG
VITAMIN C	0.00
VITAMIN D	0.40 MCG
FOLATE	13 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SHIITAKE MUSHROOM OTHER NAMES

- LENTINULA EDODES
- SAWTOOTH OAK MUSHROOM
- BLACK FOREST MUSHROOM
- BLACK MUSHROOM
- GOLDEN OAK MUSHROOM
- OAKWOOD MUSHROOM
- CHINESE BLACK MUSHROOM

MINERALS IN SHIITAKE MUSHROOM

2 MG	CALCIUM, CA	0 % (DV)
0.142 MG	COPPER, CU	16 % (DV)
0.41 MG	IRON, FE	2 % (DV)
20 MG	MAGNESIUM, MG	5 % (DV)
5.7 MCG	SELENIUM, SE	10 % (DV)
112 MG	PHOSPHORUS, P	16 % (DV)
304 MG	POTASSIUM, K	6 % (DV)
1.03 MG	ZINC, ZN	9 % (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.