



WHITE MUSHROOM NUTRITION FACTS

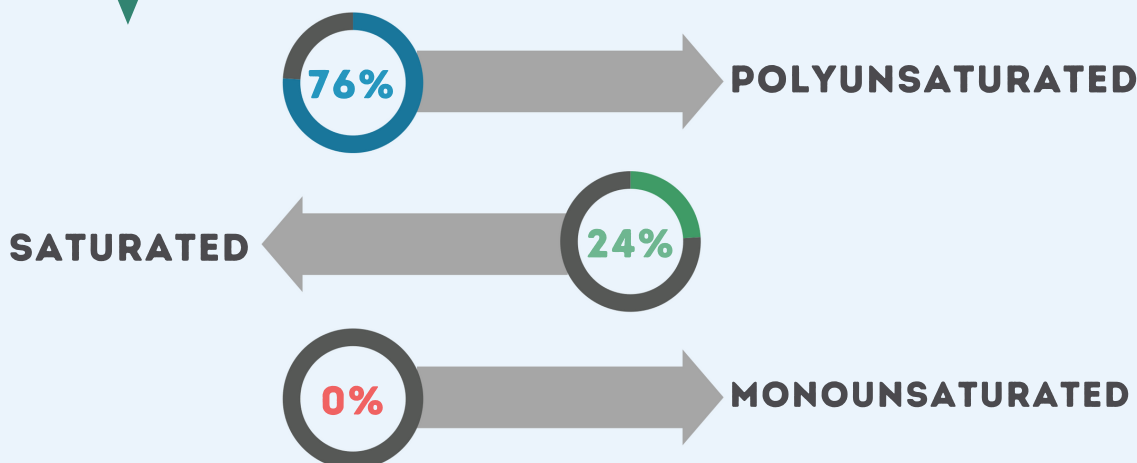


CALORIES 22/100GM

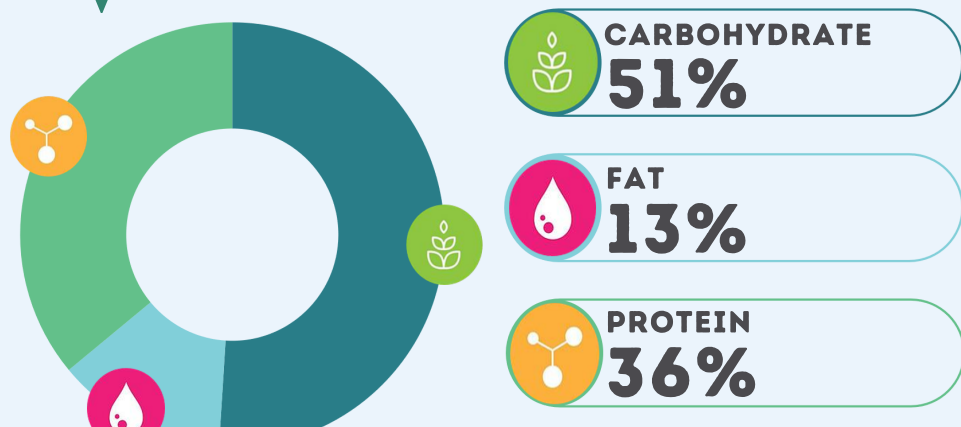
	AMOUNT		AMOUNT
CARBOHYDRATE	3.26 G	NIACIN	3.607 MG
FAT	0.34 G	VITAMIN A	0.00
PROTEIN	3.09 G	VITAMIN B12	0.04 MCG
CHOLESTEROL	0.00	VITAMIN B6	0.104 MG
FIBER	1.0 G	VITAMIN C	2.1 MG
RIBOFLAVIN	0.402 MG	VITAMIN D	0.20 MCG
SODIUM, NA	5 MG	FOLATE	17 MCG
THIAMIN	0.081 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



WHITE MUSHROOM OTHER NAMES

AGARICUS BISPORUS
 COMMON MUSHROOM
 BUTTON MUSHROOM
 CULTIVATED MUSHROOM
 CHAMPIGNON MUSHROOM
 TABLE MUSHROOM

MINERALS IN WHITE MUSHROOM

3 MG	CALCIUM, CA	0 % (DV)
0.318 MG	COPPER, CU	35 % (DV)
0.50 MG	IRON, FE	3 % (DV)
9 MG	MAGNESIUM, MG	2 % (DV)
9.3 MCG	SELENIUM, SE	17 % (DV)
86 MG	PHOSPHORUS, P	12 % (DV)
318 MG	POTASSIUM, K	7 % (DV)
0.52 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.