



Mushrooms - 62307

Nutrition Facts

Serving Size: 3 oz. (85g/about 5 pieces)

Servings Per Container: About 11

Amount per Serving

Calories 120 **Calories from Fat** 20

		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	430mg	18%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	4%
Sugars	0g	
Protein	3g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4

Protein 4