



# Nutrition Facts

1 serving  
**Serving size 4 crimini mushrooms (80g)**

Amount per serving

**Calories 18**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>0%</b>
Dietary Fiber 0.48g	<b>2%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0.08mcg	0%
Calcium 14.4mg	1%
Iron 0.32mg	2%
Potassium 358mg	8%
Copper 0.4mg	44%
Selenium 20.8mcg	38%
Riboflavin (B-2) 0.392mg	30%
Pantothenic Acid (B-5) 1.2mg	24%
Niacin (B-3) 3.04mg	19%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.