



## Nutrition facts

PORTOBELLO MUSHROOMS

Amount Per		1 medium (18 g)	% Daily Value*
<b>Calories</b>		4	
<b>Total Fat</b>	0.1 g		0%
	Saturated fat	0 g	0%
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	1 mg		0%
<b>Potassium</b>	57 mg		1%
<b>Total Carbohydrate</b>	0.6 g		0%
	Dietary fiber	0.2 g	0%
	Sugar	0.4 g	
<b>Protein</b>	0.6 g		1%
Vitamin C	0%	Calcium	0%
Iron	0%	Vitamin D	0%
Vitamin B6	0%	Cobalamin	0%
Magnesium	0%		

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