



Nutrition facts

Shiitake mushroom

Amount Per	1 piece whole (19 g)		% Daily Value*
Calories	6		
Total Fat	0.1 g		0%
Sodium	2 mg		0%
Potassium	58 mg		1%
Total Carbohydrate	1.3 g		0%
	Dietary fiber 0.5 g		2%
	Sugar 0.5 g		
Protein	0.4 g		0%
Vitamin C	0%	Calcium	0%
Iron	0%	Vitamin D	0%
Vitamin B6	5%	Cobalamin	0%
Magnesium	1%		

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