

Dried Golden Chanterelle

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories 94

	% Daily Value*		
Total Fat	1	g	1%
Saturated Fat	0	g	1%
<i>Trans</i> Fat	0	g	
Cholesterol	0	mg	0%
Sodium	3	mg	0%
Total Carbohydrate	14	g	5%
Dietary Fiber	11	g	39%
Total sugars	0	g	
Added sugars	0	g	0%
Protein	7	g	
Vitamin D	16	mcg	82%
Calcium	8	mg	1%
Iron	3	mg	15%
Potassium	1155	mg	25%

*The % Daily Value 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.