

Dried Morel

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories **101**

% Daily Value*

Total Fat 1 g 2%

Saturated Fat 0 g 1%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 6 mg 0%

Total Carbohydrate 14 g 5%

Dietary Fiber 8 g 28%

Total sugars 1 g

Added sugars 0 g 0%

Protein 8 g

Vitamin D 42 mcg 209%

Calcium 7 mg 1%

Iron 2 mg 11%

Potassium 882 mg 19%

*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.