

Dried Porcini

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories 97

% Daily Value*

Total Fat	1	g	1%
Saturated Fat	0	g	1%
<i>Trans</i> Fat	0	g	
Cholesterol	0	mg	0%
Sodium	5	mg	0%
Total Carbohydrate	15	g	5%
Dietary Fiber	6	g	21%
Total sugars	1	g	
Added sugars	0	g	0%
Protein	7	g	
Vitamin D	13	mcg	64%
Calcium	3	mg	0%
Iron	3	mg	14%
Potassium	690	mg	15%

*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.