

Dried Shiitake

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories 100

	% Daily Value*		
Total Fat	1	g	1%
Saturated Fat	0	g	1%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	7	mg	0%
Total Carbohydrate	19	g	7%
Dietary Fiber	10	g	35%
Total sugars	0	g	
Added sugars	0	g	0%
Protein	5	g	
Vitamin D	44	mcg	218%
Calcium	1	mg	0%
Iron	1	mg	4%
Potassium	435	mg	9%

*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.