

Dried Woodear

Nutrition Facts

servings per container

Serving Size 1 oz (28.35g)

Amount per serving

Calories 97

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 31 mg 1%

Total Carbohydrate 22 g 8%

Dietary Fiber 22 g 77%

Total sugars 0 g

Added sugars 0 g 0%

Protein 2 g

Vitamin D 20 mcg 99%

Calcium 25 mg 2%

Iron 1 mg 8%

Potassium 153 mg 3%

*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.