

Basic Report 11267, Mushrooms, shiitake, stir-fried [a](#)

Report Date: January 30, 2015 19:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup whole 89g	1 cup sliced 97g	1 piece whole 19g
Proximates					
Water	g	87.74	78.09	85.11	16.67
Energy	kcal	39	35	38	7
Protein	g	3.45	3.07	3.35	0.66
Total lipid (fat)	g	0.35	0.31	0.34	0.07
Carbohydrate, by difference	g	7.68	6.84	7.45	1.46
Fiber, total dietary	g	3.6	3.2	3.5	0.7
Sugars, total	g	0.30	0.27	0.29	0.06
Minerals					
Calcium, Ca	mg	2	2	2	0
Iron, Fe	mg	0.53	0.47	0.51	0.10
Magnesium, Mg	mg	19	17	18	4
Phosphorus, P	mg	111	99	108	21
Potassium, K	mg	326	290	316	62
Sodium, Na	mg	5	4	5	1
Zinc, Zn	mg	0.96	0.85	0.93	0.18
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.099	0.088	0.096	0.019
Riboflavin	mg	0.274	0.244	0.266	0.052
Niacin	mg	3.870	3.444	3.754	0.735
Vitamin B-6	mg	0.174	0.155	0.169	0.033
Folate, DFE	µg	14	12	14	3
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup whole 89g	1 cup sliced 97g	1 piece whole 19g
Vitamin D (D2 + D3)	µg	0.5	0.4	0.5	0.1
Vitamin D	IU	21	19	20	4
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.030	0.027	0.029	0.006
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.140	0.125	0.136	0.027
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Water used in stir-frying. No fat added.