

Full Report (All Nutrients) 11238, Mushrooms, shiitake, raw [a](#)

Report Date: September 23, 2019 10:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.48 Fat Factor: 8.37 Protein Factor:2.62 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 piece whole 19g |
|--|------|---------------------|----------------|------------|----------------------|
| Proximates | | | | | |
| Water 1 | g | 89.74 | 4 | 0.980 | 17.05 |
| Energy | kcal | 34 | -- | -- | 6 |
| Energy | kJ | 141 | -- | -- | 27 |
| Protein 1 | g | 2.24 | 4 | 0.270 | 0.43 |
| Total lipid (fat) 1 | g | 0.49 | 4 | 0.050 | 0.09 |
| Ash 1 | g | 0.73 | 4 | 0.080 | 0.14 |
| Carbohydrate, by difference | g | 6.79 | -- | -- | 1.29 |
| Fiber, total dietary 1 | g | 2.5 | 4 | 0.200 | 0.5 |
| Sugars, total 1 | g | 2.38 | 4 | 0.240 | 0.45 |
| Sucrose 1 | g | 0.00 | 4 | 0.000 | 0.00 |
| Glucose (dextrose) 1 | g | 2.38 | 4 | 0.240 | 0.45 |
| Fructose 1 | g | 0.00 | 4 | 0.000 | 0.00 |
| Lactose 1 | g | 0.00 | 4 | 0.000 | 0.00 |
| Maltose 1 | g | 0.00 | 4 | 0.000 | 0.00 |
| Galactose 1 | g | 0.00 | 4 | 0.000 | 0.00 |
| Minerals | | | | | |
| Calcium, Ca 1 | mg | 2 | 4 | 0.000 | 0 |
| Iron, Fe 1 | mg | 0.41 | 4 | 0.100 | 0.08 |
| Magnesium, Mg 1 | mg | 20 | 4 | 1.000 | 4 |
| Phosphorus, P 1 | mg | 112 | 4 | 11.000 | 21 |
| Potassium, K 1 | mg | 304 | 4 | 37.000 | 58 |

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|---|------|------------------|-------------|------------|-------------------|
| Sodium, Na 1 | mg | 9 | 4 | 2.000 | 2 |
| Zinc, Zn 1 | mg | 1.03 | 4 | 0.170 | 0.20 |
| Copper, Cu 1 | mg | 0.142 | 4 | 0.021 | 0.027 |
| Manganese, Mn 1 | mg | 0.230 | 4 | 0.028 | 0.044 |
| Selenium, Se 1 | µg | 5.7 | 4 | 0.400 | 1.1 |
| Vitamins | | | | | |
| Thiamin 1 | mg | 0.015 | 4 | 0.000 | 0.003 |
| Riboflavin 1 | mg | 0.217 | 4 | 0.022 | 0.041 |
| Niacin 1 | mg | 3.877 | 4 | 0.488 | 0.737 |
| Pantothenic acid 1 | mg | 1.500 | 4 | 0.178 | 0.285 |
| Vitamin B-6 1 | mg | 0.293 | 4 | 0.026 | 0.056 |
| Folate, total b 1 | µg | 13 | 4 | 1.000 | 2 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food b 1 | µg | 13 | 4 | 1.000 | 2 |
| Folate, DFE b | µg | 13 | -- | -- | 2 |
| Vitamin D (D2 + D3) | µg | 0.4 | 4 | -- | 0.1 |
| Vitamin D2 (ergocalciferol) 1 | µg | 0.4 | 4 | 0.200 | 0.1 |
| Vitamin D3 (cholecalciferol) 1 | µg | 0.0 | 4 | 0.000 | 0.0 |
| Vitamin D 1 | IU | 18 | 4 | 10.000 | 3 |
| Lipids | | | | | |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 |
| Stigmasterol 1 | mg | 0 | 4 | 0.000 | 0 |
| Campesterol 1 | mg | 2 | 4 | 0.000 | 0 |
| Beta-sitosterol 1 | mg | 0 | 4 | 0.000 | 0 |
| Amino Acids | | | | | |
| Tryptophan 2 | g | 0.011 | -- | -- | 0.002 |
| Threonine 2 | g | 0.134 | -- | -- | 0.025 |
| Isoleucine 2 | g | 0.111 | -- | -- | 0.021 |
| Leucine 2 | g | 0.189 | -- | -- | 0.036 |
| Lysine 2 | g | 0.134 | -- | -- | 0.025 |
| Methionine 2 | g | 0.033 | -- | -- | 0.006 |
| Cystine 2 | g | 0.022 | -- | -- | 0.004 |

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|----------------------------|------|------------------------|----------------|------------|----------------------|
| Phenylalanine ² | g | 0.111 | -- | -- | 0.021 |
| Tyrosine ² | g | 0.078 | -- | -- | 0.015 |
| Valine ² | g | 0.145 | -- | -- | 0.028 |
| Arginine ² | g | 0.156 | -- | -- | 0.030 |
| Histidine ² | g | 0.056 | -- | -- | 0.011 |
| Alanine ² | g | 0.167 | -- | -- | 0.032 |
| Aspartic acid ² | g | 0.301 | -- | -- | 0.057 |
| Glutamic acid ² | g | 0.680 | -- | -- | 0.129 |
| Glycine ² | g | 0.145 | -- | -- | 0.028 |
| Proline ² | g | 0.100 | -- | -- | 0.019 |
| Serine ² | g | 0.145 | -- | -- | 0.028 |

Other

Sources of Data

¹Mushroom Council National Food and Nutrient Analysis Program Wave 13d, 2009 Dublin CA

²Mushroom Council National Food and Nutrient Analysis Program Wave 9b, 2004 Dublin CA

Footnotes

^a Ergosterol = 85 mg/100 g.

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

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Langual Code(s)

- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1635 SHIITAKE MUSHROOM
- C0296 FRUITING BODY
- E0131 WHOLE
- F0003 NOT HEAT-TREATED
- G0001 COOKING METHOD NOT KNOWN
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN