

**Basic Report 11266, Mushrooms, brown, italian, or crimini, raw [a](#)**

Report Date: July 16, 2019 06:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup whole 87g	1 cup sliced 72g	1 piece whole 20g
<b>Proximates</b>					
Water	g	92.12	80.14	66.33	18.42
Energy	kcal	22	19	16	4
Protein	g	2.50	2.17	1.80	0.50
Total lipid (fat)	g	0.10	0.09	0.07	0.02
Carbohydrate, by difference	g	4.30	3.74	3.10	0.86
Fiber, total dietary	g	0.6	0.5	0.4	0.1
Sugars, total	g	1.72	1.50	1.24	0.34
<b>Minerals</b>					
Calcium, Ca	mg	18	16	13	4
Iron, Fe	mg	0.40	0.35	0.29	0.08
Magnesium, Mg	mg	9	8	6	2
Phosphorus, P	mg	120	104	86	24
Potassium, K	mg	448	390	323	90
Sodium, Na	mg	6	5	4	1
Zinc, Zn	mg	1.10	0.96	0.79	0.22
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.095	0.083	0.068	0.019
Riboflavin	mg	0.490	0.426	0.353	0.098
Niacin	mg	3.800	3.306	2.736	0.760
Vitamin B-6	mg	0.110	0.096	0.079	0.022
Folate, DFE <a href="#">b</a>	µg	25	22	18	5
Vitamin B-12	µg	0.10	0.09	0.07	0.02
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0

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Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00
Vitamin D (D2 + D3)	µg	0.1	0.1	0.1	0.0
Vitamin D	IU	3	3	2	1
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.014	0.012	0.010	0.003
Fatty acids, total monounsaturated	g	0.002	0.002	0.001	0.000
Fatty acids, total polyunsaturated	g	0.042	0.037	0.030	0.008
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

**Amino Acids**

**Other**

**Footnotes**

<sup>a</sup> Ergosterol = 62 mg/100 g.

<sup>b</sup> Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

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