

Basic Report 11993, Mushrooms, maitake, raw [a](#)

Report Date: July 23, 2019 01:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup diced 70g	1 piece whole 1.1g
Proximates				
Water	g	90.37	63.26	0.99
Energy	kcal	31	22	0
Protein	g	1.94	1.36	0.02
Total lipid (fat)	g	0.19	0.13	0.00
Carbohydrate, by difference	g	6.97	4.88	0.08
Fiber, total dietary	g	2.7	1.9	0.0
Sugars, total	g	2.07	1.45	0.02
Minerals				
Calcium, Ca	mg	1	1	0
Iron, Fe	mg	0.30	0.21	0.00
Magnesium, Mg	mg	10	7	0
Phosphorus, P	mg	74	52	1
Potassium, K	mg	204	143	2
Sodium, Na	mg	1	1	0
Zinc, Zn	mg	0.75	0.53	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.146	0.102	0.002
Riboflavin	mg	0.242	0.169	0.003
Niacin	mg	6.585	4.609	0.072
Vitamin B-6	mg	0.056	0.039	0.001
Folate, DFE b	µg	21	15	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 cup diced 70g	1 piece whole 1.1g
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.00
Vitamin D (D2 + D3)	µg	28.1	19.7	0.3
Vitamin D	IU	1123	786	12
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.030	0.021	0.000
Fatty acids, total monounsaturated	g	0.030	0.021	0.000
Fatty acids, total polyunsaturated	g	0.090	0.063	0.001
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes
^a Ergosterol = 72 mg/100 g.
^b 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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