

Basic Report 11998, Mushrooms, portabella, exposed to ultraviolet light, raw [a](#)

Report Date: July 19, 2019 18:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup diced 86g	1 piece whole 84g
Proximates				
Water	g	92.82	79.83	77.97
Energy	kcal	22	19	18
Protein	g	2.11	1.81	1.77
Total lipid (fat)	g	0.35	0.30	0.29
Carbohydrate, by difference	g	3.87	3.33	3.25
Fiber, total dietary	g	1.3	1.1	1.1
Sugars, total	g	2.50	2.15	2.10
Minerals				
Calcium, Ca	mg	3	3	3
Iron, Fe	mg	0.31	0.27	0.26
Magnesium, Mg	mg	10	9	8
Phosphorus, P	mg	108	93	91
Potassium, K	mg	364	313	306
Sodium, Na	mg	9	8	8
Zinc, Zn	mg	0.53	0.46	0.45
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.059	0.051	0.050
Riboflavin	mg	0.130	0.112	0.109
Niacin	mg	4.494	3.865	3.775
Vitamin B-6	mg	0.148	0.127	0.124
Folate, DFE b	µg	28	24	24
Vitamin B-12	µg	0.05	0.04	0.04
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 cup diced 86g	1 piece whole 84g
Vitamin E (alpha-tocopherol)	mg	0.02	0.02	0.02
Vitamin D (D2 + D3)	µg	28.4	24.4	23.9
Vitamin D	IU	1135	976	953
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.060	0.052	0.050
Fatty acids, total monounsaturated	g	0.020	0.017	0.017
Fatty acids, total polyunsaturated	g	0.117	0.101	0.098
Fatty acids, total trans	g	0.004	0.003	0.003
Cholesterol	mg	0	0	0

Amino Acids

Other

Footnotes

^a Ergosterol = 56 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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