

## Basic Report 11268, Mushrooms, shiitake, dried

Report Date: July 16, 2019 02:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 mushroom 3.6g	4.0 mushrooms 15g
<b>Proximates</b>				
Water	g	9.50	0.34	1.43
Energy	kcal	296	11	44
Protein	g	9.58	0.34	1.44
Total lipid (fat)	g	0.99	0.04	0.15
Carbohydrate, by difference	g	75.37	2.71	11.31
Fiber, total dietary	g	11.5	0.4	1.7
Sugars, total	g	2.21	0.08	0.33
<b>Minerals</b>				
Calcium, Ca	mg	11	0	2
Iron, Fe	mg	1.72	0.06	0.26
Magnesium, Mg	mg	132	5	20
Phosphorus, P	mg	294	11	44
Potassium, K	mg	1534	55	230
Sodium, Na	mg	13	0	2
Zinc, Zn	mg	7.66	0.28	1.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.5	0.1	0.5
Thiamin	mg	0.300	0.011	0.045
Riboflavin	mg	1.270	0.046	0.191
Niacin	mg	14.100	0.508	2.115
Vitamin B-6	mg	0.965	0.035	0.145
Folate, DFE	µg	163	6	24
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 mushroom 3.6g</b>	<b>4.0 mushrooms 15g</b>
Vitamin D (D2 + D3)	µg	3.9	0.1	0.6
Vitamin D	IU	154	6	23
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.225	0.008	0.034
Fatty acids, total monounsaturated	g	0.317	0.011	0.048
Fatty acids, total polyunsaturated	g	0.151	0.005	0.023
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0