

**Basic Report 11987, Mushrooms, oyster, raw [a](#)**

Report Date: August 20, 2019 20:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 148g	1 small 15g	1 cup sliced 86g
<b>Proximates</b>					
Water	g	89.18	131.99	13.38	76.69
Energy	kcal	33	49	5	28
Protein	g	3.31	4.90	0.50	2.85
Total lipid (fat)	g	0.41	0.61	0.06	0.35
Carbohydrate, by difference	g	6.09	9.01	0.91	5.24
Fiber, total dietary	g	2.3	3.4	0.3	2.0
Sugars, total	g	1.11	1.64	0.17	0.95
<b>Minerals</b>					
Calcium, Ca	mg	3	4	0	3
Iron, Fe	mg	1.33	1.97	0.20	1.14
Magnesium, Mg	mg	18	27	3	15
Phosphorus, P	mg	120	178	18	103
Potassium, K	mg	420	622	63	361
Sodium, Na	mg	18	27	3	15
Zinc, Zn	mg	0.77	1.14	0.12	0.66
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.125	0.185	0.019	0.107
Riboflavin	mg	0.349	0.517	0.052	0.300
Niacin	mg	4.956	7.335	0.743	4.262
Vitamin B-6	mg	0.110	0.163	0.017	0.095
Folate, DFE <a href="#">b</a>	µg	38	56	6	33
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	3	0	2
Vitamin A, IU	IU	48	71	7	41

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Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.7	1.0	0.1	0.6
Vitamin D	IU	29	43	4	25
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.062	0.092	0.009	0.053
Fatty acids, total monounsaturated	g	0.031	0.046	0.005	0.027
Fatty acids, total polyunsaturated	g	0.123	0.182	0.018	0.106
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**  
<sup>a</sup> Ergosterol = 64 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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