

Basic Report 11988, Fungi, Cloud ears, dried

Report Date: July 20, 2017 20:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 28g	1 piece 4.5g
Proximates				
Water	g	14.80	4.14	0.67
Energy	kcal	284	80	13
Protein	g	9.25	2.59	0.42
Total lipid (fat)	g	0.73	0.20	0.03
Carbohydrate, by difference	g	73.01	20.44	3.29
Fiber, total dietary	g	70.1	19.6	3.2
Minerals				
Calcium, Ca	mg	159	45	7
Iron, Fe	mg	5.88	1.65	0.26
Magnesium, Mg	mg	83	23	4
Phosphorus, P	mg	184	52	8
Potassium, K	mg	754	211	34
Sodium, Na	mg	35	10	2
Zinc, Zn	mg	1.32	0.37	0.06
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.015	0.004	0.001
Riboflavin	mg	0.844	0.236	0.038
Niacin	mg	6.267	1.755	0.282
Vitamin B-6	mg	0.112	0.031	0.005
Folate, DFE	µg	38	11	2
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 D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				