

Breaded Mushrooms

Nutrition Facts			
Serving Size 5 ounces (144g)			
Servings Per Container 1			
Amount Per Serving			
Calories 220		Calories from Fat	
		% Daily Value*	
Total Fat	7g		10%
Saturated Fat			
Trans Fat			
Polyunsaturated Fat			
Monounsaturated Fat			
Cholesterol	0mg		0%
Sodium	670mg		28%
Potassium			
Total Carbohydrate	37g		12%
Dietary Fiber 2g			7%
Sugars 2g			
Protein	5g		
Vitamin A • Vitamin C			
Calcium		• Iron	
Thiamin		• Riboflavin	
Niacin		• Vitamin B6	
Folacin		• Vitamin B12	
Phosphorus		• Zinc	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4