## **Breaded Mushrooms**

Nutrition Facts			
Serving Size 5 ounces (144g)			
Servings Per Container 1			
Amount Per Servin			
Calories 220	Calor	ies from	Fat
		% Dail	y Value*
Total Fat 7g			10%
Saturated Fat			
Trans Fat			
Polyunsaturated Fat			
Monounsaturated Fat			
Cholesterol	0mg		0%
Sodium 670n	ng		28%
Potassium			
Total Carbohy	drate 3	7g	12%
Dietary Fibe			7%
Sugars 2g			
Protein 5g			
<u>~</u> _			
Vitamin A		tamin C	
Calcium	• Iro	n	
Calcium Thiamin	• Iro	on boflavin	
Calcium Thiamin Niacin	• Iro • Ri • Vi	on boflavin tamin B6	
Calcium Thiamin	• Iro • Ri • Vi	on boflavin	
Calcium Thiamin Niacin	• Iro • Ri • Vi	on boflavin tamin B6 tamin B1	
Calcium Thiamin Niacin Folacin	<ul> <li>Irc</li> <li>Ri</li> <li>Vi</li> <li>Vi</li> <li>Ziı</li> </ul>	on boflavin tamin B6 tamin B1 nc	2
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Valudiet. Your Daily Val	Ri     Vi     Vi     Zii es are based ues may be h	boflavin tamin B6 tamin B1 nc on a 2,000 igher or low	2 calorie
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value	Ri     Vi     Vi     Zii es are based ues may be h	boflavin tamin B6 tamin B1 nc on a 2,000 igher or low	2 calorie
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Valudiet. Your Daily Valudepending on your of	Irc     Ri     Vi     Vi     Vi     Zil     sare based ues may be h calorie needs:  Calories:	bon boflavin tamin B6 tamin B1 nc on a 2,000 igher or low	calorie ver
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value diet. Your Daily Val depending on your of	Ri     Ri     Vi     Vi     Zil     sare based ues may be haalorie needs:  Calories:  Less than	bon boflavin tamin B6 tamin B1 nc on a 2,000 igher or low	2 calorie ver 2,500 80g
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value diet. Your Daily Val depending on your of  Total Fat Sat Fat	● Irc ● Ri ● Vi ● Vi ● Zil es are based uses may be hadlorie needs: Calories: Less than	boflavin tamin B6 tamin B1 nc on a 2,000 igher or low 2,000 65g 20g	2 calorie ver 2,500 80g 25g
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value diet. Your Daily Val depending on your of	Ri     Ri     Vi     Vi     Zil     sare based ues may be haalorie needs:  Calories:  Less than	bon boflavin tamin B6 tamin B1 nc on a 2,000 igher or low	2 calorie ver 2,500 80g 25g 300mg
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Valudiet. Your Daily Valdepending on your of Total Fat Sat Fat Cholesterol	● Irc ● Ri ● Vi ● Vi ● Ziu es are based ues may be h calorie needs:  Calories: Less than Less than Less than	boflavin boflavin tamin B6 tamin B1 nc on a 2,000 igher or low 2,000 65g 20g 300mg	2 calorie ver 2,500 80g 25g 300mg
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value diet. Your Daily Value depending on your of  Total Fat Sat Fat Cholesterol Sodium Total Carbohydrat Dietary Fiber	● Irc ● Ri ● Vi ● Vi ● Zii es are based ues may be h calorie needs:  Calories: Less than Less than Less than	boflavin tamin B6 tamin B1 nc on a 2,000 igher or low 2,000 65g 20g 300mg 2400mg	2 calorie ver 2,500 80g 25g 300mg 2400mg
Calcium Thiamin Niacin Folacin Phosphorus *Percent Daily Value diet. Your Daily Val depending on your of  Total Fat Sat Fat Cholesterol Sodium Total Carbohydrat Dietary Fiber Calories per grams	● Irc ● Ri ● Vi ● Vi ● Zii es are based ues may be h calorie needs:  Calories: Less than Less than Less than	boflavin tamin B6 tamin B1 nc on a 2,000 igher or low 2,000 65g 20g 300mg 2400mg 300g 25g	2 calorie ver 2,500 80g 25g 300mg 2400mg 375g