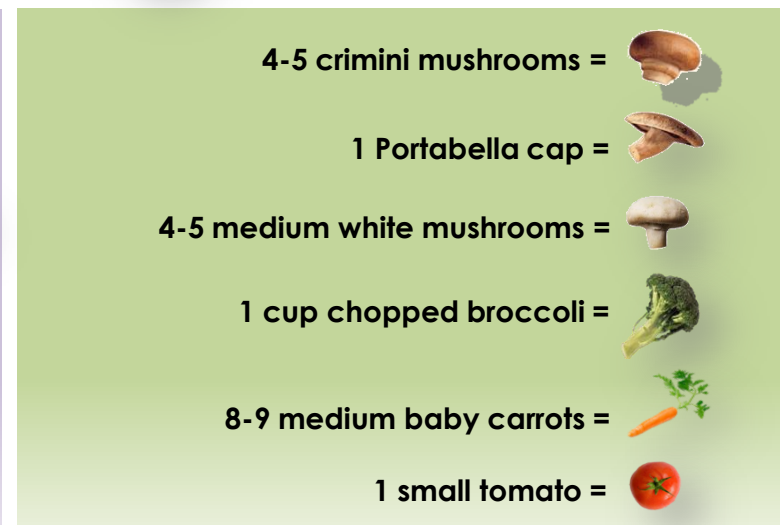
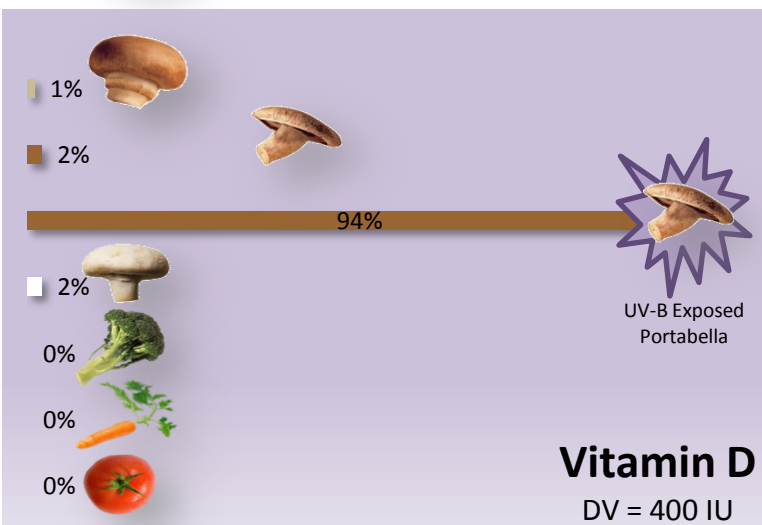
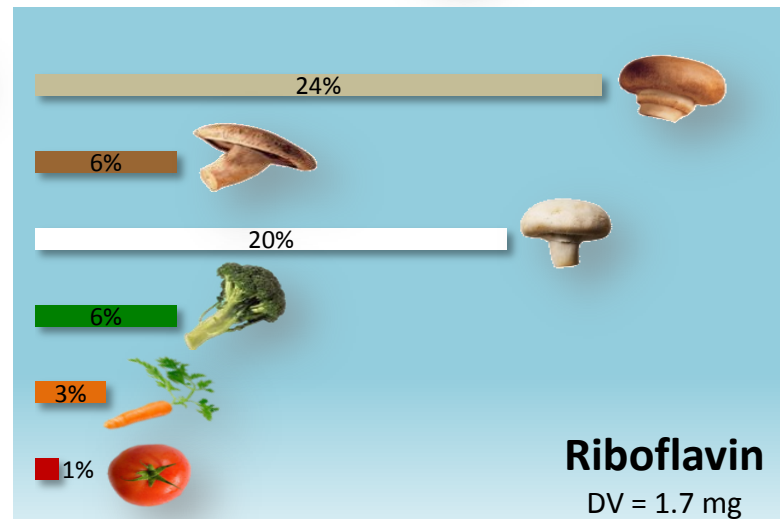
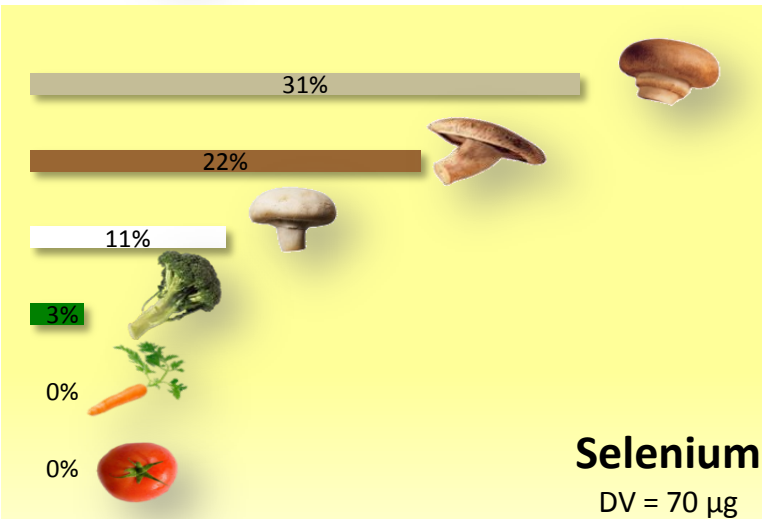
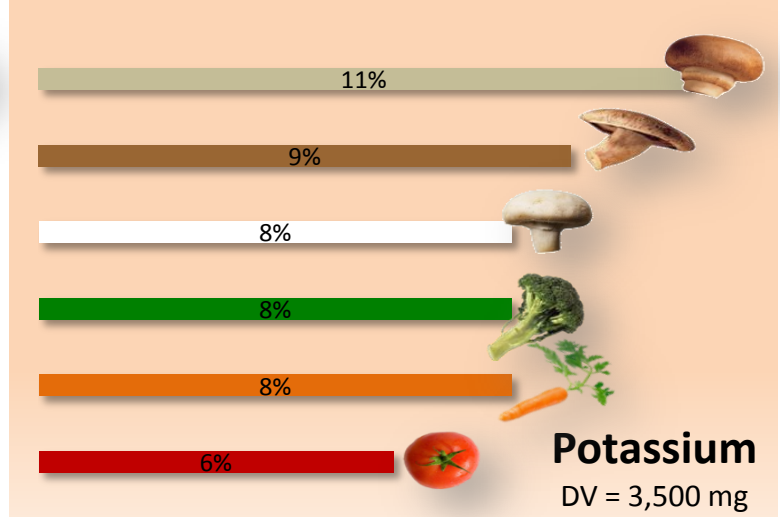
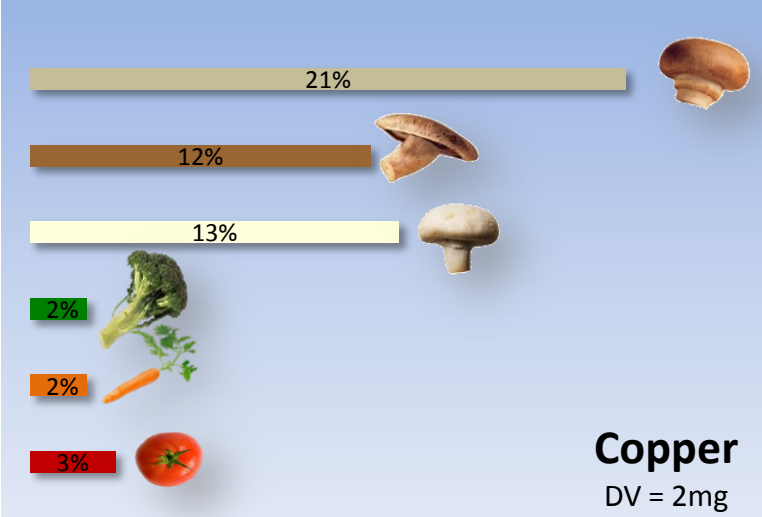


Mushrooms

Light in Color,
Dense in Nutrients

Naturally nutritious and delicious mushrooms make any everyday meal better by adding great flavor with few calories and no fat.

Excellent source $\geq 20\%$ Daily Value • Good Source 10-19% Daily Value



1. U.S. Department of Agriculture, Agriculture Research Service, USDA Nutrient Data Laboratory. 2010. USDA National Nutrient Database for Standard Reference, Release 23. www.ars.usda.gov/nutrientdata. See Web site for complete nutritional data and for nutrient data for mushrooms in a cooked state. USDA values are not for labeling purposes. Nutrition Facts label declarations by individual brands may vary.
2. Based on FDA reference serving size of 84 g of mushrooms and 85 g of vegetables.