

# Mushroom

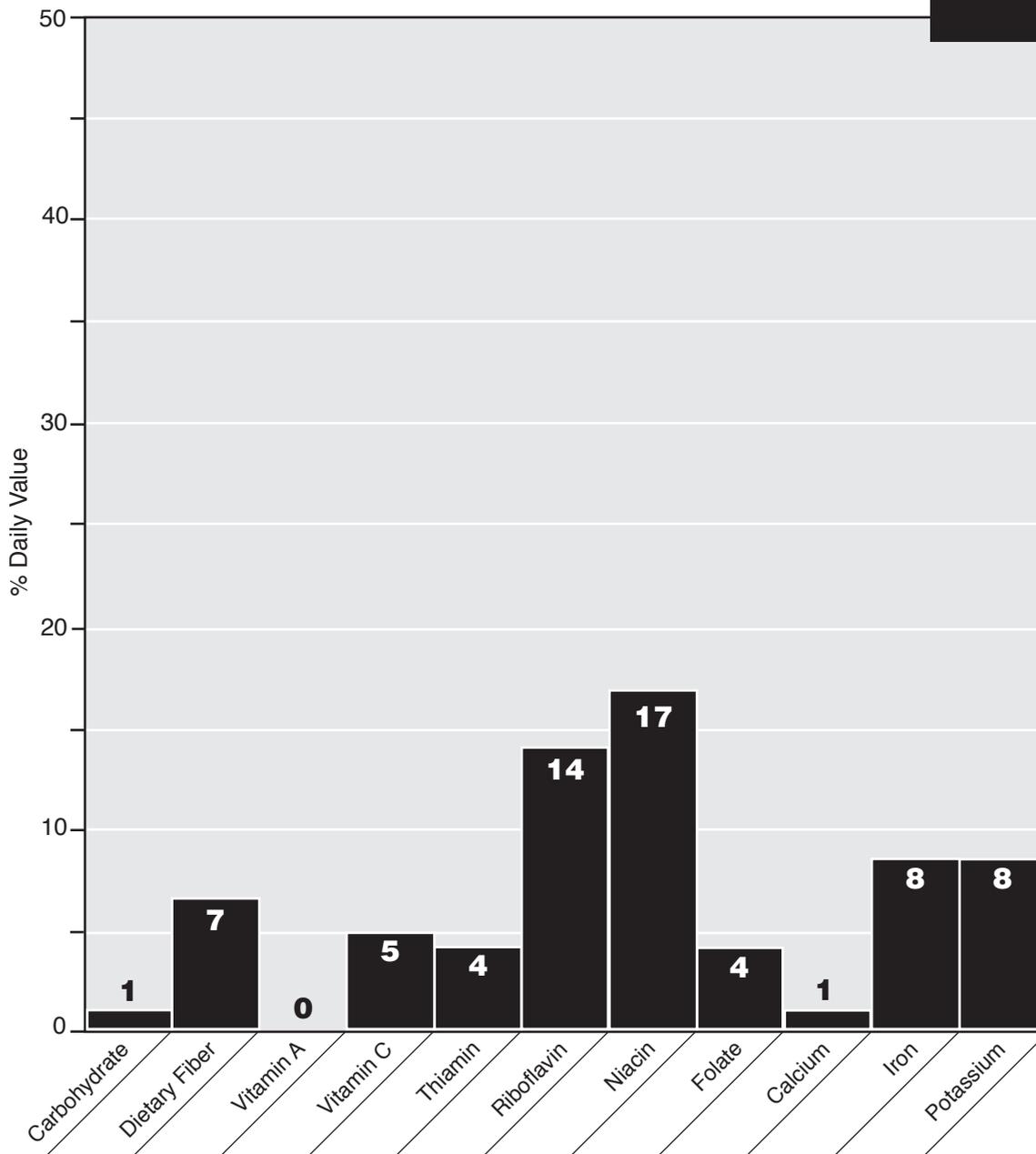
Agaricaceae *Agaricus* spp.

(analysis based on boiled, drained white button mushroom)

Pictured from left: shiitake, white button, enoki, shiitake mushrooms



PENNSYLVANIA



## Serving Size

- 1/2 Cup Chopped
- 78 Grams
- 22 Calories
  - 14% from fat
  - 20% from protein
  - 65% from carbohydrate
- 2 Grams Protein
- 4 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.4 Gram Fat
- 71 Grams Water
- 2 Milligrams Sodium

