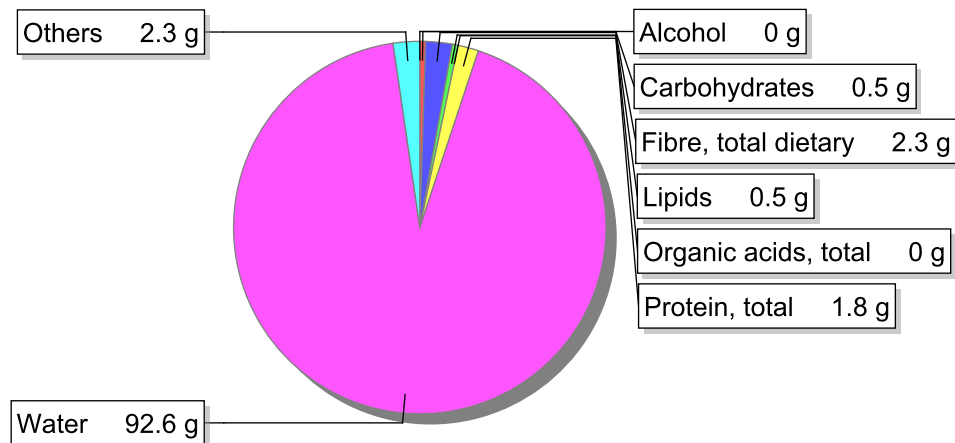


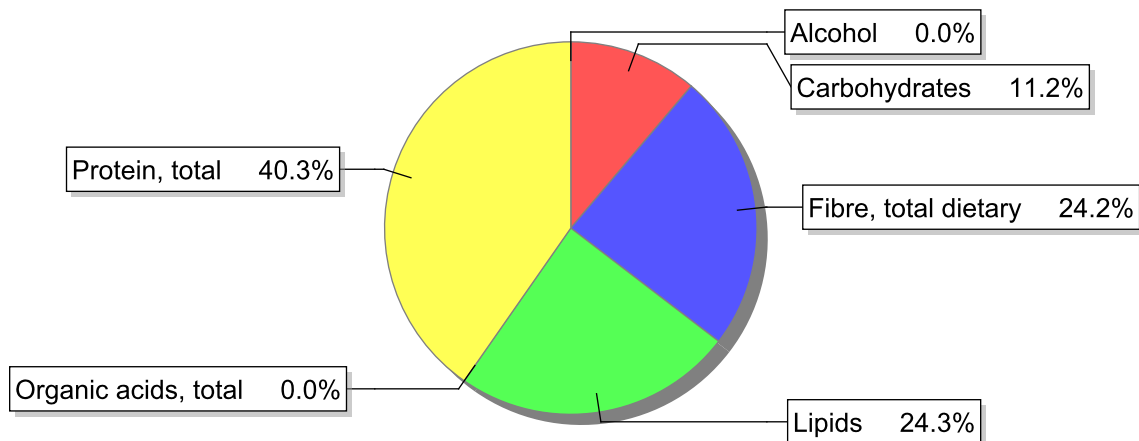
Food

Name: Mushrooms, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 80%
Code: IS603
FoodEX2 Code: A0ETG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	18	kcal	
energy kJ, total metabolisable	76	kJ	
Macro nutrients			
Lipids			
		g	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0.3	g	
sucrose	0.1	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0.2	g	
salt	0.0	g	
fibre, total dietary	2.3	g	
protein, total	1.8	g	
alcohol	0	g	
water	92.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.09	mg	
riboflavin	0.31	mg	
niacin, preformed	3.2	mg	
niacin equivalents, total	3.5	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	
folate, total	44	µg	
Minerals			
ash	0.90	g	
sodium	5	mg	
potassium	320	mg	
calcium	6	mg	
phosphorus	80	mg	
magnesium	9	mg	
iron, total	0.6	mg	
zinc	0.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References