



# ORGANIC MUSHROOMS PIECES & STEMS



Net Wt. 6.5 oz 184g  
Dr. Wt. 4 oz 113g



Native Forest® Organic Mushrooms are wholesome, tender and delicious, yet low in fat and calories. Enjoy them in soups, sauces, stir-fry, salads and on pizza. Organic certification prohibits the use of GMOs and other unwelcome ingredients. Choosing organic foods benefits our farmers, our families and our planet.

Distributed by:  
Edward & Sons Trading Co., Inc.



PO Box 1326, Carpinteria, CA 93014

edwardandsons.com

\* Certified organic by QAI

Convenience Without Compromise®

email: [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

NON-BPA CAN (BPANI)

Product of The Netherlands

## Nutrition Facts

1 serving per container

Serving size 1 can drained (113g)

Calories per serving **20**

Amount/serving	%DV	Amount/serving	%DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 3g	<b>1%</b>
Sat. Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>8%</b>
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>	<b>Protein</b> 2g	
Vitamin D 2% • Calcium 2% • Iron 6% • Potassium 2%			

Ingredients: Organic Mushrooms, Water, Sea Salt.

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Open, drain and serve. Refrigerate unused portion and enjoy within 4 days. Hint: To lower sodium content, drain and rinse mushrooms.

