



ORGANIC MUSHROOMS PIECES & STEMS



NET WT 6.5 OZ 184g
DRAINED WT 4 OZ 113g



Nutrition Facts

1 serving per container
Serving Size 1 can drained (113g)

Amount per serving
Calories 20

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vit. D 0mcg **0%** Calcium 14mg **2%**

Iron 0mg **2%** Potassium 110mg **2%**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Native Forest® Organic Mushrooms are wholesome, tender and delicious, yet low in fat and calories. Enjoy them in soups, sauces, stir fry, salads ... even on pizza! Organic practices make sense for our food, our environment and for all of us.

Ingredients: Organic Mushrooms, Water, Sea Salt.

Mushrooms are a gluten free food.

Edward & Sons Trading Co., Inc.

PO Box 1326, Carpinteria, CA 93014 USA

edwardandsons.com

Certified organic by QAI

Product of The Netherlands

Convenience Without Compromise®

email: custserv@edwardandsons.com

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

©2017 Edward & Sons Trading Co., Inc.

