



## Nutrient Claims for Mushroom

Vitamin	NRV	Unit	McCance and Widdowson	% NRV in 80 g portion
Vitamin A	800	ug	0	0%
Vitamin D	5	ug	0	0%
Vitamin E	12	mg	0.12	1%
Vitamin C	80	mg	1	1%
Thiamin	1.1	mg	0.09	7%
Riboflavin (B2)	1.4	mg	0.31	18%
Niacin (B3)	16	mg	3.2	16%
Vitamin B 6	1.4	mg	0.18	10%
Folacin/Folic Acid	200	ug	44	18%
Vitamin B 12	2.5	ug	0	0%
Biotin (B7)	50	ug	0.012	0%
Pantothenic Acid (B5)	6	mg	2	27%

Mineral	NRV	Unit	McCance and Widdowson	% NRV in 80 g portion
Potassium	2000	mg	378	15%
Calcium	800	mg	3	0%
Phosphorus	700	mg	94	11%
Iron	14	mg	0.2	1%
Magnesium	375	mg	10	2%
Zinc	10	mg	0.6	5%
Iodine	150	ug	2	1%
Selenium	55	ug	17	25%
Copper	1	mg	0.28	22%

■ Source of (>15%)  
■ Good source of (>30%)