







5 medium
mushrooms
in a serving



4 whole
mushrooms
in a serving



1 piece
whole
mushroom
in a serving



Lion's
Mane



20 Calories
32% Copper
6%
Potassium
of your
daily value



26 Calories
8% Dietary
Fiber
13% Vitamin
B6



1 piece
whole
mushroom
in a serving





Nutrition Facts

1 serving
Serving size 5 medium mushrooms (90g)

Amount per serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.18mcg	1%
Calcium 3mg	0%
Iron 0.45mg	3%
Potassium 286mg	6%
Copper 0.285mg	32%
Selenium 8.35mg	15%
Riboflavin (B-2) 0.36mg	28%
Pantothenic Acid (B-5) 1.345mg	27%
Niacin (B-3) 3.245mg	20%

*The % Daily Value (DV) 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 nutrition advice.



Nutrition Facts

1 serving
Serving size 4 whole shiitake mushrooms (76g)

Amount per serving
Calories 26

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.304mcg	2%
Calcium 2mg	0%
Iron 0.3mg	2%
Potassium 231mg	5%
Copper 0.108mg	12%
Riboflavin (B-2) 0.164mg	13%
Pantothenic Acid (B-5) 1.14mg	23%
Niacin (B-3) 3mg	18%
Vitamin B6 0.224mg	13%

*The % Daily Value (DV) 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 nutrition advice.



Nutrition Facts

1 serving
Serving size
1 piece whole portabella mushroom (84g)

Amount per serving
Calories 19

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.252mcg	1%
Calcium 3mg	0%
Iron 0.26mg	1%
Potassium 306mg	7%
Copper 0.24mg	27%
Selenium 15.6mcg	28%
Pantothenic Acid (B-5) 0.958mg	19%
Niacin (B-3) 3.78mg	24%

*The % Daily Value (DV) 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 nutrition advice.



Lion's
Mane



Mild, blends
well with
other
ingredients



Rich and
Woodsy



Deep, meat
like texture



Similar to
crab or
lobster



6 small
oyster
mushrooms
in a serving



Beech
Mushrooms



4
mushrooms
in a serving



Used as a
meat
alternative



Nutrition Facts

1 serving
Serving size 6 small oyster mushrooms (90g)

Amount per serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.63mcg	3%
Calcium 3mg	0%
Iron 1.19mg	7%
Potassium 378mg	8%
Copper 0.222mg	25%
Riboflavin (B-2) 0.312mg	24%
Folate (B-9) 34mcg	9%
Thiamin (B-1) 0.114mg	10%
Pantothenic Acid (B-5) 1.16mg	23%
Niacin (B-3) 4mg	28%

*The % Daily Value (DV) 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 nutrition advice.



Beech Mushrooms



Nutrition Facts

1 serving
Serving size 4 crimini mushrooms (80g)

Amount per serving
Calories 18

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 0.48g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.08mcg	0%
Calcium 14.4mg	1%
Iron 0.32mg	2%
Potassium 358mg	8%
Copper 0.4mg	44%
Selenium 20.8mcg	38%
Riboflavin (B-2) 0.392mg	30%
Pantothenic Acid (B-5) 1.2mg	24%
Niacin (B-3) 3.04mg	19%

*The % Daily Value (DV) 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 nutrition advice.



Used as a
meat
alternative



Delicate
Flavor



Mild, Sweet
and Nutty



Deeper,
Earthier
Flavor



Resembles
a Lion



30 calories
8% Dietary
Fiber
28% Niacin
of your
daily value



18 Calories
44% Copper
30%
Riboflavin
of your
daily value



19 Calories
28%
Selenium
24% Niacin
of your
daily value