



## The Facts on Mushrooms

Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains. Mushrooms are *low in calories, fat-free, cholesterol-free and very low in sodium*, yet they provide several nutrients, including *riboflavin, niacin and selenium*, which are typically found in animal foods or grains.

Selected nutrients per 85 g uncooked serving

	White	Crimini	Portabella
Calories	21	19	22
Protein (g)	2.5	2.1	2.1
Fat (g)	.3	.1	.2
Fiber (g)	1.0	.5	1.3
Riboflavin [mg(%DV)] <sup>2</sup>	.36 (21%) <sup>3</sup>	.42 (25%)	.41 (24%)
Niacin [mg(%DV)]	3.42 (17%)	3.23 (16%)	3.80 (19%)
Pantothenic Acid [mg(%DV)]	1.24 (12%)	1.28 (13%)	1.28 (13%)
Sodium (mg)	3	5	5
Potassium [mg(%DV)]	315 (9%) <sup>4</sup>	380 (11%)	411 (12%)
Copper [mg(%DV)]	.42 (21%)	.43 (20%)	.34 (17%)
Selenium [mg(%DV)]	7.4 (11%)	22.1 (32%)	9.4 (13%)

PRODUCT	PACKSIZE
<b>Conventional Bulk Mushrooms:</b>	
Jumbo-Large Whole White	5lb & 10lb
Medium Whole White	5lb & 10lb
Food Service-Random	10lb
Buttons-Small	10lb
Matures-#3's	10lb
<i>All products can be sliced for an additional \$1.00/ case</i>	
<b>Conventional Packaged:</b>	
Stuffers/Large	454g-16oz/8-per case
Stuffers/Large	396g-14oz/8-per case
Stuffers/Mediums-Sliced	454g-16oz/8-per case
Mediums-Whole	227g-8oz/12-9-per case
Mediums-Sliced	227g-8oz/12-9-per case
Matures-Sliced	454g-16oz/8-per case
<b>Specialty Bulk:</b>	
Jumbo-Crimini	5lb & 10lb
Mediums-Crimini	5lb & 10lb
Portabellas-Large	5lb
Portabellas-Mediums	5lb
Portabellas-Small	5lb
Shiitakes	5lb & 2.5lb
Oyster	5lb & 2.5lb

PRODUCT	PACKSIZE
<b>Specialty Packaged:</b>	
Crimini Whole	227g-8oz/12-9-per case
Crimini-Sliced	227g-8oz/12-9-per case
Portabellas Whole	170g-6oz/6-per case
Portabellas-Sliced	170g-6oz/6-per case
Baby Bella's-Whole	170g-6oz/6-per case
Shiitakes	100g-3.5oz/4-per case
Oyster	100g-3.5oz/4-per case
Enoki	100g-3.5oz/4-per case
<b>Organic Bulk:</b>	
Bulk White	2.5lb
Bulk Crimini	2.5lb
Bulk Portabellas	2.5lb
Bulk Shiitake	2.5lb
Bulk Oyster	2.5lb
<b>Organic Packaged:</b>	
White Whole	170g-6oz/9-per case
White Sliced	170g-6oz/9-per case
Crimini Whole	170g-6oz/9-per case
Ports-Whole	170g-6oz/9-per case
Shiitake	100g-3.5oz/4-per case
Oyster	100g-3.5oz/4-per case

*large enough to supply all your fresh mushroom needs,  
small enough to provide the exceptional service.*

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