



## Nutrition Facts

4.54 Servings per container

Serving size 100g

Amount Per Serving

**Calories**

**346**

%Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 59mg 2%

Total Carbohydrate 68g 23%

Dietary Fiber 4g 15%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 1% Calcium 1%

Iron 28% Potassium 1%

\*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.

**Ingredients: Dried Premium Whole Shiitake.**

**May contain naturally occurring sulfur compounds.**

**"Mushrooms--The World's Oldest Super Food".** For thousands of years, mushrooms have been enjoyed for their delicious flavors and healthy benefits. Mushroom are an all natural source of Vitamin D, minerals, amino acids, electrolytes and Omega 3 & 6, which help stimulate the immune system, lower cholesterol and reduce the danger of cancer growth.

**These premium Shiitake mushrooms are naturally grown outdoors on logs according to the season - the way nature intended. This produces an Umami rich taste, deeper texture and better nutrition, truly a "Naturally Healthy Food."**

**Cooking instructions:** Steep in warm water for 30 minutes. Remove, rinse and squeeze dry. Cut to desired sizes. Sautee in olive oil or butter, Reserve the flavorful soaking liquid, strain and add to your favorite recipe. Or visit [www.greatporcini.com](http://www.greatporcini.com) for more information and recipes.

Grown and packed by:  
New Tiger International Inc.  
117 State Street,  
Westbury, NY 11590  
[www.greatporcini.com](http://www.greatporcini.com)  
Email: [newtiger6688@yahoo.com](mailto:newtiger6688@yahoo.com)



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