

**White Oak Frozen Foods
Newman Operation**

Section: Nutrition
Items: 301, 330, 331

NUTRITION INFORMATION

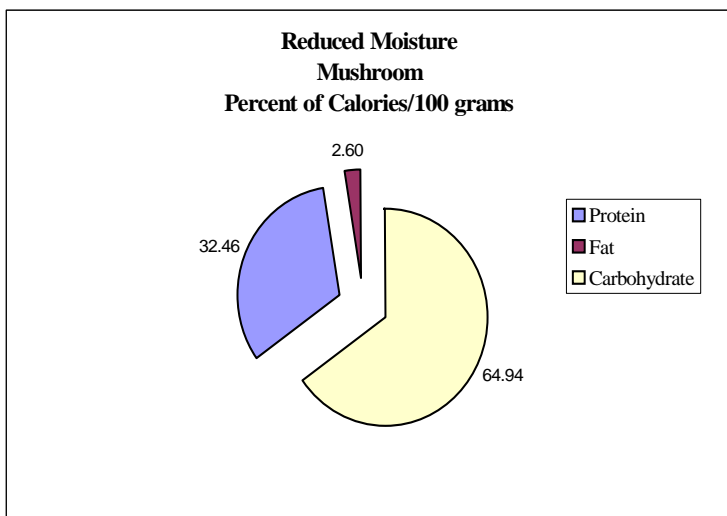
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Reduced Moisture^(TM) Mushrooms

Revision:
09-20-05

Values per 100 grams

| Nutrient | Value | Units | Nutrient | Value | Units |
|-----------------------------|--------|-------|------------------------------------|--------|-------|
| Protein | 5.00 | g | Total lipid (fat) | 0.40 | g |
| Carbohydrate, by difference | 9.40 | g | Fatty acids, total saturated | 0.05 | g |
| Energy | 22.00 | kcal | Fatty acids, total polyunsaturated | 0.14 | g |
| Energy | 92.00 | kJ | Fatty acids, total monounsaturated | 0.01 | g |
| Calcium, Ca | 9.25 | mg | Ash | 1.20 | g |
| Magnesium, Mg | 15.00 | mg | Water | 84.00 | g |
| Potassium, K | 325.00 | mg | Fiber, total dietary | 1.90 | g |
| Zinc, Zn | 1.20 | mg | Iron, Fe | 1.20 | mg |
| Manganese, Mn | 0.05 | mg | Phosphorus, P | 160.00 | mg |
| Vitamin A, IU | 0.00 | IU | Sodium, Na | 12.00 | mg |
| Vitamin A, RAE | 0.00 | mcg | Copper, Cu | 0.32 | mg |
| Vitamin E, ATE | 0.00 | mg | Selenium, Se | 8.90 | mcg |
| Thiamin | 0.15 | mg | Retinol | 0.00 | mcg |
| Niacin | 6.00 | mg | Tocopherol, gamma | 0.02 | mg |
| Vitamin B-6 | 0.21 | mg | Vitamin C, total ascorbic acid | 2.40 | mg |
| Vitamin B-12 | 0.04 | mcg | Riboflavin | 1.65 | mg |
| Cholesterol | 0.00 | mg | Pantothenic acid | 1.85 | mg |
| Tryptophan | 0.06 | g | Vitamin K (phylloquinone) | 0.20 | mcg |
| Isoleucine | 0.12 | g | Folate, Food | 16.00 | mcg |
| Lysine | 0.31 | g | Folate, Total | 16.00 | mcg |
| Cystine | 0.11 | g | Threonine | 0.03 | g |



| | | |
|---------------|------|---|
| Leucine | 0.04 | g |
| Methionine | 0.02 | g |
| Phenylalanine | 0.03 | g |
| Valine | 0.03 | g |
| Histidine | 0.23 | g |
| Aspartic acid | 0.16 | g |
| Glycine | 0.14 | g |
| Serine | 0.14 | g |
| Tyrosine | 0.13 | g |
| Arginine | 0.23 | g |
| Alanine | 0.03 | g |
| Glutamic acid | 0.68 | g |
| Proline | 0.43 | g |

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.