



# ORGANIC WHITE MUSHROOMS PIECES & STEMS



*Tender and Delicious -  
Perfect on Pizza!*

**DR WT 4 OZ (113g)**



## Nutrition Facts

Serving Size 1/2 cup with liquid (115g)  
Servings per container about 2

**Amount Per Serving**

**Calories 20**      Calories from fat 0

**%Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 390mg      **16%**

**Total Carbohydrate** 3g      **1%**

Dietary Fiber 1g      **6%**

Sugars 1g

**Protein** 2g

Vitamin A 0%      Vitamin C 2%

Calcium 0%      Iron 2%

\*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

Native Forest® Organic Mushrooms are wholesome, tender and delicious, yet low in fat and calories. Enjoy them in soups, sauces, stir fry, salads ... even on pizza! Organic practices make sense for our food, our environment and for all of us.

**Ingredients: Organic Mushrooms, Water, Sea Salt.**

Organic Mushroom are a gluten free food.

**Dist. by Edward & Sons Trading Co., Inc.**



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Certified organic by QAI

Questions? Email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)

Product of USA

**Directions: Open and serve.  
Refrigerate unused portion and  
enjoy within 3 days.**

**Hint: To lower sodium content,  
drain and rinse mushrooms  
thoroughly before serving.**



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