



Organic Sliced PORTOBELLO MUSHROOMS

DR WT 4 OZ 113g



Nutrition Facts

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

Amount Per Serving		Calories from fat 0	
		%Daily Value*	
Calories	20		
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 Daily Values 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 Portobello Mushrooms, Water, Sea Salt.



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

P.O. Box 1326 Carpinteria, CA 93014 USA

www.edwardandsons.com

Certified organic by QAI
Certified Kosher by Kehilla Kosher
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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Organic Sliced CRIMINI MUSHROOMS

DR WT 4 OZ 113g



Nutrition Facts

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

Amount Per Serving		Calories from fat 0	
		%Daily Value*	
Calories	20		
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 Daily Values 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 Crimini Mushrooms, Water, Sea Salt.



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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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