



Markon Portobello Cap Mushrooms, 3.5" - 4.5", Fresh, 3 Lb Package, 1/Case



Item Number: 717762



These portobello mushroom caps have a meaty, earthy flavor.

- First Crop is whole fruits and vegetables packed to detailed specifications for quality and yield
- Sourced from growers who utilize sustainable crop practices
- Backed by the field-to-table 5-Star Food Safety Program, which monitors safety at five key points

		QTY
1/Case	\$13.09 \$1.31/ea	<input type="text"/>

Nutrition

Based On: Rounding:

Ingredients

Fresh Portabella Mushroom Caps. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated June 2012. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 cup (86g)	
Amount Per Serving	
Calories 20	
	% Daily Value *
Fat 0g	n/a
Saturated Fat0g	n/a
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 5mg	n/a
Potassium	n/a
Carbohydrates 4g	1%
Fiber1g	4%
Sugar2g	
Protein 2g	4%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	10 mg
Iron	0.54 mg
Manganese	n/a
Iodine	n/a

Additional Images

