



The size, shape, color, flavor and aroma of raw agricultural products may vary due to weather, growing regions, methods of harvest and production. Woodland Foods strongly recommends you verify product consistency with your requirements.

ITEM CODE & DESCRIPTION

M01 DRIED SLICED SHIITAKE MUSHROOMS

Physical

Color: Light tan to dark brown.

Flavor: Typical of shiitake mushrooms, earthy.

Size: Sourced from caps up to 10 cm. in diameter, sliced 3-4 mm thick. Maximum 10% pieces through a 1/8" screen.

Approx. Pieces Per LB: N/A

Chemical

Moisture: <20%

Sulfites: <125 ppm

Ash:

Heat Level: N/A.

Notes:

No sulfites have been added to this product. Research indicates that mushrooms may contain differing concentrations of naturally occurring sulfur compounds. Results will vary by species and due to moisture levels and growing conditions.

Ingredient Statement:

Shiitake Mushrooms.

Shelf Life:

Min 12 Months (under Optimum Storage Conditions)

Packaging:

Bag in box or to customer specification.

Storage Conditions:

Store in a dry, cool place.

Recommended Preparation Instructions:

Rinse product in cold running tap water to remove any possible debris. To reconstitute, place desired amount into a bowl, cover with boiling water, and let soak for 15-20 minutes before draining. Or, add directly to recipe that will cook for at least 20 minutes. General rule, 1 oz. dry reconstitutes to 3-4 oz.

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Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 296 Cals. From Fat 9

% Daily Value**

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrate 75g 25%

Dietary Fiber 12g 48%

Sugars 2g

Protein 10g

Vitamin A 0% Vitamin C 7%

Calcium 1% Iron 11%

**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CALORIES 2000 2500

Total Fat Less than 65g 80g

Sat. Fat Less than 20g 25g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Source of Nutritional Information

USDA Nutrient Database for Standard Reference.

About Nutritional Information

Woodland Foods gathers nutritional information from highly regarded sources. We do not undertake any nutritional analysis ourselves. Nutritional results can vary over a broad spectrum due to growing conditions, geographic conditions and other factors. We use the same values for the various forms of each mushroom.

Microbiological

SPC: <250,000 cfu/g

COLIFORM: <500 cfu/g

YEAST: <1000 cfu/g

MOLD: <1000 cfu/g

Due to the nature of raw, agricultural products, the microbiological data provided should be considered guidelines.

Woodland Foods Reserves the right to change any part of this specification at any time without prior notification.