



Food ID: D133

Food name and Description: Mushroom, fresh

Scientific name: *Agaricus campestris*

Alternate/Common name(s): Kabuti, sariwa

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.7
Energy, calculated (kcal)	48
Protein (g)	3.8
Total Fat (g)	0.6
Carbohydrate, total (g)	6.9
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	3.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	3
Phosphorus, P (mg)	94
Iron, Fe (mg)	1.7
Sodium, Na (mg)	8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	8.3
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.09
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	0