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Nutrition. In a 100-gram (3 + 1/2-ounce) reference serving, raw shiitake mushrooms provide 141 kilojoules (34 kilocalories) of food energy and are 90% water, 7% carbohydrates, 2% protein and less than 1% fat. Raw shiitake mushrooms are rich sources (20% or more of the Daily Value, DV) of B vitamins and contain moderate levels of some dietary minerals. ...

Shiitake - Wikipedia

Fruits and vegetables (F&V) products are recommended for the daily diet due to their low caloric content, high amount of vitamins, minerals and fiber. Furthermore, these foods are a source of various phytochemical compounds, such as polyphenols, flavonoids and sterols, exerting antioxidant activity. Despite the benefits derived from eating raw F&V, the quality and safety of these ...

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