

Dilgard Produce



PRODUCT DESCRIPTION

Mushrooms, Sliced Thick

Pk/Size

1, 5 lb

Dilgard #

P04855

Mushroom Facts:

Mushrooms have no chlorophyll (a green pigment in plants), so they don't need sunshine to grow and thrive. One portabella mushroom has more potassium than a banana. White and crimini mushrooms are also good sources of potassium. Potassium helps the human body maintain normal heart rhythm, fluid balance, and muscle and nerve function. Mushrooms are an excellent source of copper, a mineral that the body needs to produce red blood cells and for other functions.