

# Grey Oyster Mushroom (*Pleurotus sajur-caju*)

*A popular edible mushroom. Named for their oyster-like shape and color, these mushrooms are often consumed as a food*



*per 1 cup of raw, sliced oyster mushrooms (86g)*

## Nutrition Facts

- ✓ Low in Calories
- ✓ Fat & Cholesterol-Free
- ✓ High in Protein
- ✓ Fiber-Rich
- ✓ high in several vitamins and minerals such as potassium, calcium, phosphorus, copper, and niacin

## Health Benefits

- ✓ Promotes Heart Health
- ✓ Supports Better Immune Function
- ✓ May Reduce Risk of Cancer
- ✓ Improves Metabolic Health