Calorie chart: mushrooms (PDF)

Calories, protein, carbohydrate and fat for 27 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Canned Mushrooms	1 cup (156 g)	39	**25**	1.9	5.1	0.3
Chanterelle Mushrooms	1 cup (54 g)	17	**32**	1.5	6.9	0.5
Cloud Ear Fungus Dried	1 cup (28 g)	80	**284**	9.3	73	0.7
Cremini Mushrooms	1 cup whole (87 g)	19	**22**	2.5	4.3	0.1
Cremini Mushrooms UV Exposed	1 cup whole (87 g)	19	**22**	2.5	4.3	0.1
Dried Shiitake Mushrooms	4 mushrooms (15 g)	44	**296**	9.6	75.4	1
Enoki Mushrooms	1 cup whole (64 g)	24	**37**	2.7	7.8	0.3
Maitake Mushrooms	1 cup diced (70 g)	22	**31**	1.9	7	0.2
Morel Mushrooms	1 cup (66 g)	20	**31**	3.1	5.1	0.6
Oyster Mushrooms	1 cup sliced (86 g)	28	**33**	3.3	6.1	0.4
Pepeao Dried	1 cup (24 g)	72	**298**	4.8	81	0.4
Pepeao Wood Ear Fungus	1 cup slices (99 g)	25	**25**	0.5	6.8	0
Portobello Mushroom	1 cup diced (86 g)	19	**22**	2.1	3.9	0.4
Portobello Mushrooms Grilled	1 cup sliced (121 g)	35	**29**	3.3	4.4	0.6
Portobello Mushrooms UV Exposed	1 cup diced (86 g)	19	**22**	2.1	3.9	0.4
Portobello Mushrooms UV Exposed Grilled	1 cup sliced (121 g)	35	**29**	3.3	4.4	0.6
Sauteed Mushrooms	1 cup sliced (108 g)	28	**26**	3.6	4	0.3
Shiitake Mushrooms	1 piece whole (19 g)	6	**34**	2.2	6.8	0.5
Shiitake Mushrooms Cooked	1 cup pieces (145 g)	81	**56**	1.6	14.4	0.2
Shiitake Mushrooms Cooked with Salt	1 cup pieces (145 g)	81	**56**	1.6	14.4	0.2
Shiitake Mushrooms Stir-Fried	1 cup whole (89 g)	35	**39**	3.5	7.7	0.4
Straw Mushrooms Canned	1 cup (182 g)	58	**32**	3.8	4.6	0.7
White Mushrooms	1 cup, pieces or slices (70 g)	15	**22**	3.1	3.3	0.3
White Mushrooms Boiled	1 cup pieces (156 g)	44	**28**	2.2	5.3	0.5
White Mushrooms Boiled with Salt	1 cup pieces (156 g)	44	**28**	2.2	5.3	0.5
White Mushrooms Microwaved	100 g	35	**35**	3.9	6	0.5
White Mushrooms UV Exposed	1 medium (18 g)	4	**22**	3.1	3.3	0.3

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/mushrooms/