



Abridged List Ordered by Nutrient Content in Household Measure

Source: USDA National Nutrient Database for Standard Reference Legacy (2018)

Nutrients: **Vitamin D2 (ergocalciferol)** (µg)

Description	Measure	Vitamin D2 (ergocalciferol) (µg) Per Measure
Mushrooms, Chanterelle, raw	1.0 cups	2.9
Mushrooms, portabella, grilled	1.0 cups sliced	0.4
Soup, cream of mushroom, canned, condensed	0.5 cups	0.3