

# Braised Chinese Mushrooms

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/braised-chinese-mushrooms-recipe>

## Ingredients:

- 12 mushrooms Dried Chinese, Medium-large sized
- 1 head lettuce Small
- 4 slices ginger
- 4 cloves garlic
- 1 teaspoon vegetable oil
- 4 tablespoons oyster sauce
- 1 tablespoon brown sugar
- 1/8 teaspoon salt
- 1 cup water
- 1 teaspoon vegetable oil
- 1/8 teaspoon salt

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 10 grams
3. Fat: 2.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 670 milligrams
7. Sugar: 5 grams

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