

# Vegan Scallops

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/burger-king-mushroom-and-swiss-recipe>

## Ingredients:

- 1 pound king oyster mushrooms 450g
- 1 tablespoon olive oil Plus more for brushing
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon paprika
- 4 tablespoons vegan butter
- 3 cloves garlic Crushed
- 1 tablespoon lemon juice Freshly Squeezed
- 2 tablespoons parsley Chopped

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. Sodium: 170 milligrams
7. Sugar: 1 grams

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