

Chinese Broccoli with Mushrooms - Gau Lon

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-gau>

Ingredients:

- 4 cups Chinese broccoli aka a "solid litre" Gau Lon aka, chopped
- 1 yellow onion medium, finely chopped
- 1 1/4 cups brown mushrooms 1/8-1/4" slices
- 2 cloves garlic crushed
- 2 tablespoons ghee
- 6 tablespoons coconut aminos
- salt to taste

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 7 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 2 grams

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