

Shrimp and Mushroom Stir Fry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-prawn-and-mushroom-recipe>

Ingredients:

- 12 ounces cremini mushrooms quartered or sliced
- 1 pound large shrimp 31-35 per pound, peeled
- 2 tablespoons olive oil
- 3 scallions chopped
- 1 1/2 cups chicken stock
- 3 cloves garlic minced
- 1/4 cup soy sauce
- 2 tablespoons cornstarch
- cooked white rice to serve
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 175 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 1 grams
8. Sodium: 1200 milligrams
9. Sugar: 4 grams

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