

# Exotic Mushroom Pate

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/exotic-mushroom-and-walnut-pate-recipes>

## Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon shallot diced
- 2 cups mushrooms chopped
- 1 pinch salt
- 1 teaspoon fresh thyme leaves
- 1 teaspoon balsamic vinegar
- 2 ounces cream cheese

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 120 milligrams
9. Sugar: 2 grams

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