

Easy Garlic Escargots

Yield: 20 min
Total Time: 45 min

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

Ingredients:

- 7 ounces escargots drained
- 6 tablespoons butter
- 1 clove garlic minced
- 20 mushrooms stems removed
- 1/3 cup white wine
- 1/3 cup cream
- 1 tablespoon all-purpose flour
- 1 pinch ground black pepper to taste
- 1/4 teaspoon dried tarragon
- 1/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 3 grams
7. Sodium: 55 milligrams
8. Sugar: 1 grams

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