

# Italian Sauteed Mushrooms

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sauteed-peppers-recipe>

## Ingredients:

- 1 pound baby bella mushrooms sliced
- 1 cup Italian dressing
- 1 onion diced
- 1 red bell pepper sliced
- salt
- pepper
- parsley for garnish, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 13 grams
3. Fat: 13 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 930 milligrams
8. Sugar: 7 grams

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