

Mango Tomato Mushroom Stir Fry

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mushroom-stir-fry-recipe>

Ingredients:

- 8 ounces mushroom sliced
- 2 tomatoes medium sized
- 2 mangoes medium sized
- salt as desired
- cooking oil /fat of choice, such as coconut oil

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 200 milligrams
7. Sugar: 19 grams

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