

# Mushroom Carnitas Tacos

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/king-oyster-mushroom-mexican-recipe>

## Ingredients:

- 1/2 cup orange juice
- 2 tablespoons soy sauce
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper or to taste
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon liquid smoke
- 1/4 cup olive oil
- 1 pound portobello baby, cremini mushrooms, sliced very thin
- 1 medium onion chopped
- 4 garlic cloves minced
- 6 corn tortillas
- oil spray
- guacamole
- shredded lettuce
- tomato Chopped

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 31 grams
3. Fat: 15 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 540 milligrams
8. Sugar: 9 grams

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