

Lion's Mane Mushrooms

Yield: 2 min
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/lion-s-mane-chinese-recipe>

Ingredients:

- 8 ounces mushrooms lion's mane
- 1 tablespoon olive oil
- 1 tablespoon butter or more olive oil for vegan
- 1/4 teaspoon garlic powder
- 1/2 tablespoon soy sauce or tamari
- 1 pinch kosher salt plus more to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 15 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 420 milligrams
9. Sugar: 2 grams

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