

# Stuffed Chinese Mushrooms

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 20 mushrooms dried Chinese
- 1/4 pound ground pork
- 5 water chestnuts fresh or canned, finely chopped
- 1/2 tablespoon dark soy sauce
- 1/2 tablespoon Shaoxing rice wine
- 1/2 teaspoon tapioca starch
- 1/4 teaspoon sugar
- 20 parsley leaves small Chinese
- 2 tablespoons cooking oil
- 3 tablespoons oyster sauce

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

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