

# Sauteed Mushrooms

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 tablespoons butter
- 1 teaspoon worcestershire sauce
- 1 teaspoon balsamic vinegar
- 1 clove garlic minced
- 1 pound mushrooms sliced
- 1/8 teaspoon seasoned salt check labels as some brands add sugar
- 1/2 teaspoon dried parsley
- pepper fresh, to taste

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 60 milligrams
9. Sugar: 3 grams

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