

Mushroom and Brussels Sprout Hash

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/rpm-italian-brussels-sprout-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 shallot small, minced
- 2 cremini mushrooms big handfuls
- 1 clove garlic minced
- 3 Brussels sprouts big handfuls
- pepper
- salt
- 1/2 lemon
- 1 olive oil scant tablespoon
- 2 large eggs

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 210 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 470 milligrams
9. Sugar: 1 grams

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