

# Caramelized Shiitake Mushrooms

## NUTRITION DATA

Serving Size: 3 oz.

Amount Per Serving:

Calories:	.....	130
Calories from Fat:	95.0.....	73%
		% Daily Value*
Total Fat	10.6 g.....	16%
Saturated Fat	1.5 g.....	8%
Trans Fat	NA.....	
Cholesterol	0 mg.....	0%
Sodium	185 mg.....	8%
Total Carbohydrate	9.6 g.....	3%
Dietary Fiber	1.4 g.....	6%
Sugars	0g.....	
Protein	1.1 g.....	2%
Vitamin A	.....	0%
Vitamin C	.....	1%
Calcium	.....	1%
Iron	.....	2%

\* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## INGREDIENTS:

- 3 oz. Fresh Shiitake Mushrooms
- 2 3/8 tsp. Vegetable Salad Oil
- 5/8 tsp. Fresh Garlic (minced)
- 1/8 tsp. Kosher Salt
- Dash (to taste) Ground Black Pepper

## DIRECTIONS:

1. In a skillet, heat oil over medium-high heat.
2. Add mushrooms. Saute for 8 to 10 minutes or until golden brown around edges.
3. Add garlic. Saute for 2 minutes.
4. Stir in salt and pepper.

Portion: Serve 3 oz.



ST. JOHN DETROIT RIVERVIEW HOSPITAL



**100% Fad Free**

***Caramelized Shiitake  
Mushrooms***

**SHOPPING LIST**

- Fresh Shiitake Mushrooms
- Vegetable Salad Oil
- Fresh Garlic
- Kosher Salt
- Black Pepper

