

## Mixed Mushrooms with Garlic and Chives



162 kcal

Serving 1

15 Mins

### Mixed Mushrooms with Garlic and Chives

★★★★★ (0)

**Calories 162 kcal**

**Protein Serves 0.25**

**Carbohydrate 4.5 grams**

**Cholesterol 0 milligrams**

**Fat 14.5 grams**

**Fiber 0 grams**

**Protein 3.4 grams**

#### Ingredients

1 tbsp Apple Cider Vinegar

1 tsp Butter

1 tbsp Chives (fresh, chopped)

35 g Fat mushrooms (sliced)

1 tbsp Flaxseed Oil

1 clove Garlic

35 g Oyster mushrooms (sliced)

40 g Red Onions (thinly sliced)

35 g Shiitake Mushrooms (sliced)

35 g Swiss brown mushrooms (sliced)

#### Instructions

1. Melt butter in a non-stick pan, fry garlic, add mushrooms and stir-fry until mushrooms are soft.

2. Combine vinegar, oil, red onion and chives, pour over mushrooms and toss gently to combine.