Shiitake Bacon

About the Recipe

48 Calories · 1 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 10 ounces sliced shiitake mushrooms
- 1/4 cup (60 mL) olive oil
- 3/4 teaspoon sea salt
- 1/2 teaspoon black pepper

Directions

1. Preheat the oven to 375 F. Line a baking sheet with parchment paper.
2. Add the mushrooms, olive oil, salt, and pepper to a bowl and mix with your hands being sure the oil is evenly dispersed to coat all of the mushrooms.
3. Bake for 15 minutes and stir with a spatula. Bake an additional 8-12 minutes until all of the pieces have gotten darker in color and decreased in size; be careful not to let them burn. Remove from the oven and let cool; they will crisp up upon cooling.

Nutrition Facts

Per serving:
Calories: 48
Fat: 5 g
Saturated Fat: 1 g
% Calories From Fat: 85%
Cholesterol: 0 mg

Protein: 1 g
Carbohydrate: 2 g
Sugar: 1 g
Fiber: 1 g
Sodium: 148 mg
Calcium: 1 mg
Iron: 0 mg
Vitamin C: 0 mg
Beta-Carotene: 0 mcg
Vitamin E: 1 mg