

# 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.&nbsp;
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