

# Pan Fried Oyster Mushrooms

  
5 from 4 votes

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

A rustic and beautiful side dish, these Easy Pan Fried Oyster Mushrooms taste meaty, garlicky, and yet delicate. They're ready in minutes, and all you need are four simple ingredients!

Course: Side Dish/Appetizer   Cuisine: American   Servings: 4   Calories: 121

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## Ingredients

- 1 pound oyster mushrooms, cleaned and cut into evenly sized pieces
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 cloves garlic, smashed
- Salt and fresh ground black pepper, to taste

## Instructions

1. Place butter and olive oil in a heavy skillet set over medium-high heat.
2. When butter is melted, add the mushrooms to the skillet in one single layer.
3. Cook the mushrooms for 2 minutes, or until golden.
4. Flip over the mushrooms and add the smashed garlic to the skillet.
5. Reduce heat to medium-low; season with salt and pepper and continue to cook the mushrooms until they start to brown, spooning the butter over the mushrooms as they cook.
6. Remove from heat.
7. Taste for salt and pepper, and adjust accordingly.
8. Serve.

## Nutrition Facts

Pan Fried Oyster Mushrooms

### Amount Per Serving

<b>Calories</b> 121	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Fat</b> 10g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 71mg	<b>3%</b>
<b>Potassium</b> 484mg	<b>14%</b>
<b>Carbohydrates</b> 7g	<b>2%</b>
Fiber 3g	<b>12%</b>
Sugar 1g	<b>1%</b>
<b>Protein</b> 4g	<b>8%</b>
<b>Vitamin A</b> 229IU	<b>5%</b>
<b>Vitamin C</b> 1mg	<b>1%</b>
<b>Calcium</b> 8mg	<b>1%</b>
<b>Iron</b> 2mg	<b>11%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

Keywords: healthy side dishes, how to cook oyster mushrooms, sauteed mushrooms