

## Deep Fried Mushrooms



**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

### Ingredients:

1. 2 Jars Whole Button Mushrooms
2. 2 Cups Pork Rinds
3. 1 Cup Parmesan Cheese (grated)
4. 1 Tbs. Garlic Powder
5. ½ Cup Heavy Cream
6. 1 Large Egg
7. Oil

### Nutrition Facts

Amount per serving:

<b>Calories</b>	414
<b>Total Carbs</b>	4.5 nt. g
<b>Total Fat</b>	30 g
<b>Protein</b>	32 g

### Directions:

1. Drain liquid from mushrooms and pat dry with a paper towel.
2. Place pork rinds, parmesan cheese, and garlic powder into a food processor and pulse until the mixture becomes fine and flour like.
3. In a shallow dish, combine heavy cream and eggs to make a wash. Fork whisk until they are well blended.
4. Heat an inch of oil over medium-high heat. I use a non-stick wok for stove-top deep frying. The high sides reduce splatter and make clean up a cinch.
5. Coat each mushroom in the breading mixture, dip in the egg wash, and then coat in the breading mixture a second time.
6. Once the oil is hot and begins to bubble, drop breaded mushrooms in oil and fry until breading is crispy—about 2 minutes each side. Try not to flip the mushrooms too many times as this will cause the breading to fall off.
7. After removing mushrooms from oil, allow to cool on a paper towel to soak up excess grease. This will also give the breading a chance to crisp up so that it stays on.