

# Authentic Seafood Risotto

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-squid-recipe-italian>

## Ingredients:

- 2 tablespoons olive oil
- 1 medium white onion diced
- 6 garlic cloves 4 for risotto, 2 for mussels, minced
- 1 1/4 cups white wine 1/4 for risotto, 1 cup for mussels
- 2 cups risotto Arborio
- 4 tablespoons lemon juice
- 4 tablespoons tomato paste
- 4 tablespoons water
- 6 cups fish stock or vegetable broth
- 7 ounces mussels live
- 7 ounces prawns or shrimp
- 7 ounces scallops baby
- 7 ounces baby squid calamari rings
- 1/2 cup Parmesan cheese grated
- 2 tablespoons flat leaf parsley chopped
- salt
- pepper

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 2 grams
8. Sodium: 1300 milligrams
9. Sugar: 3 grams

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