

Riso Patate E Cozze (Baked Mussel & Potato Risotto)

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-mussel-recipe>

Ingredients:

- 3 1/2 cups arborio rice
- 2 onions very finely diced
- 1 pound tomatoes ripe, roughly chopped
- 1 stalk celery chopped
- 2 garlic cloves finely chopped
- 1 handful parsley roughly chopped
- 1 handful oregano roughly chopped
- 5 tablespoons olive oil
- 1 teaspoon chilli flakes dried
- 2 pounds mussels in the shell, scrubbed and de-bearded
- 1 glass dry white wine
- 2 pounds waxy potatoes peeled and sliced
- ground black pepper
- sea salt

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 134 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 10 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 6 grams

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