

# Mariscada – Portuguese Seafood With Rice

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-portuguese-grilled-squid-recipe>

## Ingredients:

- 3 tomatoes ripe
- 2 cloves minced garlic
- 1 coriander leaves branch of, finely chopped
- 2 onions sliced
- 1/2 cup oil
- 1/2 cup white wine
- 1 chopped bell pepper
- 8 clams – medium
- 12 mussels
- 4 squid cut in pieces
- 2 lobster tails
- 12 shrimps large, with heads
- 1 lemon
- salt
- pepper
- paprika

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 250 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 580 milligrams
9. Sugar: 6 grams

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