

# Seafood Rice

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-seafood-rice-recipe>

## Ingredients:

- 5 1/4 ounces shrimp
- 5 1/4 ounces crab sticks
- 5 1/4 ounces mussels shelled
- 5 1/4 ounces peeled shrimp
- 1 1/3 cups rice
- 2 onions medium
- 3 cloves garlic
- 3 tomatoes medium ripe
- 1 small onion to cook the shrimps
- 3 3/8 tablespoons olive oil
- 1 bunch coriander
- 1 bunch parsley
- pepper to taste
- 1/2 green pepper
- 1/2 red pepper
- salt to taste
- seafood Note: You can add other types of

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 155 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 32 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 7 grams

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