

Mushroom Parmesan Shrimp Risotto

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-shrimp-ball-rizotta-recipe>

Ingredients:

- 6 1/2 cups seafood homemade or store-bought, /shrimp or chicken stock, see notes
- 8 ounces mushrooms sliced, baby bella or porcini
- olive oil
- 12 ounces shrimp peeled and deveined
- 1/4 teaspoon red pepper flakes
- 1/2 cup white onion minced
- 4 cloves garlic minced
- 1 1/4 cups arborio rice
- 2 tablespoons butter
- 3/4 cup freshly grated Parmesan cheese
- salt
- pepper to taste
- 2 tablespoons parsley chopped, plus more

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 130 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 520 milligrams
9. Sugar: 2 grams

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