



Asparagus Roll

 **Gluten Free**

READY IN



100 min.

SERVINGS



20

CALORIES



61 kcal

Ingredients

- ☐ 2 small asparagus spears
- ☐ 1 ounces goat cheese crumbled
- ☐ 2 sheets nori seaweed
- ☐ 20 servings pickled ginger for serving
- ☐ 4 slices pancetta thinly sliced
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 cup short-grain sushi rice
- ☐ 20 servings soya sauce for serving

- ☐ 20 servings wasabi for serving
- ☐ 3 cups water

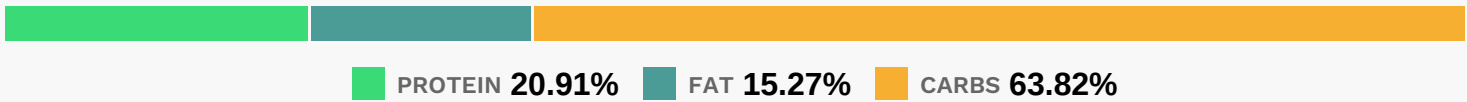
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Place 1 sheet of nori lengthwise on a bamboo mat, shiny-side down. Position the sheet about 1-inch from the side of the mat closest to you. Wet your hands in cool water and take a handful of sushi rice.
- ☐ Place the rice in the center of the nori and use your fingers to spread the rice evenly across it. Next place the asparagus, goat cheese, and prosciutto horizontally across the roll. Use the mat to roll up the sushi, pinching and squeezing the mat to shape it into a round cigar shape. Slice into 1-inch thick rolls with a sharp knife. Turn rolls onto their sides so the rice is facing upwards, and serve with pickled ginger, wasabi, and soy sauce.
- ☐ Place the water and salt in a medium sized saucepan and cover it with a tight-fitting lid. Bring the water to a boil.
- ☐ Add rice, return to a boil over medium heat, and then reduce heat to low and simmer. Once the water has evaporated from the rice, remove the pan from the heat. Stir in the rice vinegar and let cool before using.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:2.8913043355164%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 60.9kcal (3.04%), Fat: 1.03g (1.58%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 9.02g (3.28%), Sugar: 0.36g (0.4%), Cholesterol: 1.71mg (0.57%), Sodium: 1140.12mg (49.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.21mg (10.59%), Folate: 27.98µg (7%), Vitamin B3: 1.23mg (6.15%), Iron: 0.94mg (5.24%), Vitamin B1: 0.08mg (5.16%), Phosphorus: 41.67mg (4.17%), Copper: 0.07mg (3.53%), Vitamin B6: 0.07mg (3.47%), Magnesium: 12.29mg (3.07%), Selenium: 2.07µg (2.95%), Vitamin B2: 0.04mg (2.61%), Fiber: 0.63g (2.5%), Vitamin B5: 0.23mg (2.26%), Potassium: 68.24mg (1.95%), Zinc: 0.27mg (1.79%), Vitamin C: 1.06mg (1.28%), Calcium: 10.48mg (1.05%)