



Avocado and Shrimp Sushi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled mashed
- ☐ 12 chives
- ☐ 12 strips julienne-cut cucumber peeled seeded (7-inch-long)
- ☐ 1.5 tablespoons cilantro leaves fresh finely chopped
- ☐ 6 sheets nori seaweed (seaweed)
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 cups short-grain rice white uncooked
- ☐ 8 ounces shrimp cooked peeled halved

☐ 1 tablespoon wasabi (Japanese horseradish)

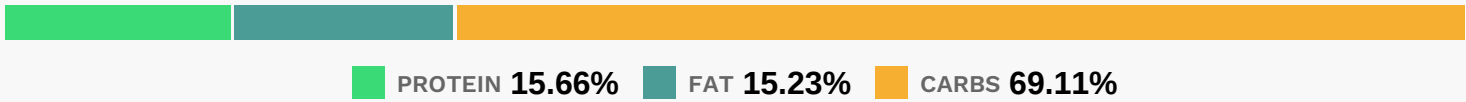
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Prepare rice according to package directions. Stir in vinegar; cover and cool to room temperature.
- ☐ Combine wasabi and avocado in a small bowl, and set aside.
- ☐ Combine cilantro and shrimp in another small bowl; toss well.
- ☐ Cut off top quarter of nori sheets along short end.
- ☐ Place 1 nori sheet, shiny side down, on a sushi mat covered with plastic wrap, with long end toward you. Pat 3/4 cup rice mixture evenly over nori with moist hands, leaving a 1-inch border on one long end of nori.
- ☐ Spread 1 tablespoon avocado mixture over rice.
- ☐ Arrange 8 shrimp pieces, 2 chives, and 2 cucumber strips along bottom third of rice-covered nori.
- ☐ Lift edge of nori closest to you; fold over filling. Lift bottom edge of sushi mat; roll toward top edge, pressing firmly on sushi roll. Continue rolling to top edge; press mat to seal sushi roll.
- ☐ Let rest, seam side down, for 5 minutes. Slice crosswise into 8 pieces. Repeat procedure with remaining nori, rice mixture, avocado mixture, shrimp mixture, chives, and cucumber.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:42.08, Inflammation Score:-6, Nutrition Score:13.251304388046%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 329.45kcal (16.47%), Fat: 5.51g (8.48%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 51.99g (18.91%), Sugar: 0.51g (0.56%), Cholesterol: 60.86mg (20.29%), Sodium: 64.68mg (2.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Folate: 189.5µg (47.38%), Manganese: 0.77mg (38.74%), Vitamin B1: 0.4mg (26.85%), Iron: 3.32mg (18.47%), Copper: 0.36mg (18.08%), Fiber: 4.29g (17.17%), Vitamin B3: 3.36mg (16.81%), Phosphorus: 165.52mg (16.55%), Selenium: 10.36µg (14.8%), Vitamin B5: 1.35mg (13.54%), Vitamin K: 13.43µg (12.79%), Magnesium: 43.19mg (10.8%), Vitamin B6: 0.21mg (10.29%), Zinc: 1.52mg (10.15%), Potassium: 330.68mg (9.45%), Vitamin C: 5.3mg (6.42%), Vitamin B2: 0.08mg (4.87%), Vitamin E: 0.72mg (4.82%), Calcium: 38.64mg (3.86%), Vitamin A: 147.11IU (2.94%)