



## Avocado Sushi with Brown Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



**75 min.**

SERVINGS



**4**

CALORIES



**266 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup alfalfa sprouts to taste
- 1 avocado pitted peeled thinly sliced
- 1 tablespoon brown rice vinegar
- 4 sheets nori seaweed dry ( seaweed)
- 0.3 bell pepper red cut into matchsticks
- 1 pinch sea salt
- 1 cup short grain brown rice uncooked
- 2 cups water

## Equipment

- sauce pan
- plastic wrap

## Directions

- Rinse and drain brown rice, place into a saucepan over medium heat, and pour in water. Stir in sea salt, bring to a boil, and simmer until rice has absorbed the water, about 45 minutes.
- Let rice cool until warm; stir in brown rice vinegar. Rice will be slightly sticky.
- To roll the sushi, cover a bamboo sushi rolling mat with plastic wrap.
- Lay a sheet of nori, rough side up, on the plastic wrap. With wet fingers, firmly pat a thick, even layer of brown rice over the nori, leaving top edge about 1/2-inch deep uncovered with rice.
- Place 1 or 2 slices of avocado and a small amount of red bell pepper strips and alfalfa sprouts in a line along the bottom edge of the sheet.
- Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, enclosing the vegetables, and tightly roll the sushi into a thick cylinder. Dampen the bare nori edge with a wet finger and seal the roll. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly.
- Let rolls rest for a few minutes before cutting each roll into 6 pieces for serving.

## Nutrition Facts



## Properties

Glycemic Index:45.19, Glycemic Load:21.84, Inflammation Score:-6, Nutrition Score:14.596956548483%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 265.6kcal (13.28%), Fat: 8.78g (13.5%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 37.81g (13.75%), Sugar: 0.66g (0.74%), Cholesterol: 0mg (0%), Sodium: 27.45mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Manganese: 1.96mg (98.11%), Magnesium: 91.77mg (22.94%), Fiber: 5.29g (21.18%), Vitamin B6: 0.41mg (20.3%), Vitamin C: 14.79mg (17.93%), Vitamin B1: 0.25mg (16.47%), Phosphorus: 162.72mg (16.27%), Vitamin B3: 3.12mg (15.61%), Vitamin B5: 1.5mg (14.96%), Folate: 59.37µg (14.84%), Copper: 0.26mg (13.05%), Vitamin K: 13.2µg (12.57%), Potassium: 397.34mg (11.35%), Zinc: 1.41mg (9.41%), Vitamin E: 1.18mg (7.87%), Iron: 1.3mg (7.23%), Vitamin A: 312.33IU (6.25%), Vitamin B2: 0.1mg (5.85%), Calcium: 31.71mg (3.17%)