



WHATSheATE



Buffalo Chicken Sushi



Gluten Free



Popular

READY IN



35 min.

SERVINGS



24

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 carrots peeled cut into thin strips
- ☐ 2 ribs celery cut into thin strips
- ☐ 0.5 cup cheese tortilla chips crumbled
- ☐ 0.3 cup hot sauce
- ☐ 4 sheets nori seaweed
- ☐ 0.3 cup rice wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 1 cup rice short grain rice (sushi rice)
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 1 tablespoon sugar
- ☐ 2 cups water

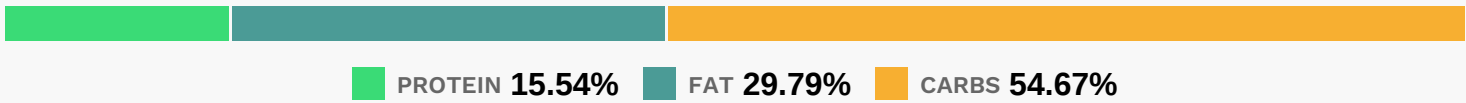
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring the water and rice to a boil, reduce the heat, cover and simmer until the water has been absorbed, about 18–22 minutes.Meanwhile, heat the vinegar, sugar and salt in a pan over medium heat until the sugar and salt have dissolved, set aside and let cool.
- ☐ Spread the rice out in a large wide bowl and fold in the vinegar mixture.
- ☐ Place a sheet of nori on a sushi mat with the shiny side down and cover 3/4's of it with a thin layer of rice.
- ☐ Place a row of buffalo chicken, celery, carrots, blue cheese and crumbled tortilla chips down 1 inch away from the edge and roll it up. Repeat 3 more times.Slice the rolls into 6 pieces and enjoy!

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:3.5817392066769%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 80.46kcal (4.02%), Fat: 2.62g (4.03%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.12g (3.68%), Sugar: 0.96g (1.07%), Cholesterol: 6.48mg (2.16%), Sodium: 192.81mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin A: 914.63IU (18.29%), Manganese: 0.12mg (6.13%), Folate: 24.14µg (6.04%), Selenium: 3.5µg (5.01%), Vitamin B3: 0.97mg (4.84%), Phosphorus: 45.63mg (4.56%), Vitamin B1: 0.06mg (4.3%), Vitamin B6: 0.07mg (3.39%), Vitamin C: 2.46mg (2.98%), Iron: 0.53mg (2.96%), Fiber: 0.69g (2.76%), Vitamin B5: 0.27mg (2.74%), Calcium: 26.85mg (2.69%), Vitamin E: 0.36mg (2.43%), Zinc: 0.35mg (2.33%), Vitamin B2: 0.04mg (2.29%), Magnesium: 8.82mg (2.21%), Potassium: 68.03mg (1.94%), Copper: 0.04mg (1.78%), Vitamin K: 1.86µg (1.77%)