



California Crepe Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



169 kcal

Ingredients

- ☐ 2.5 inch avocado peeled (1 avocado)
- ☐ 10 basic crepes
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 10 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 5 teaspoons sesame seed toasted
- ☐ 1 cup short-grain rice uncooked
- ☐ 30 medium shrimp cooked peeled

- ☐ 20 small spinach leaves
- ☐ 1.5 tablespoons sugar
- ☐ 1 tablespoon wasabi powder
- ☐ 0.3 cup water divided
- ☐ 1.8 cups water

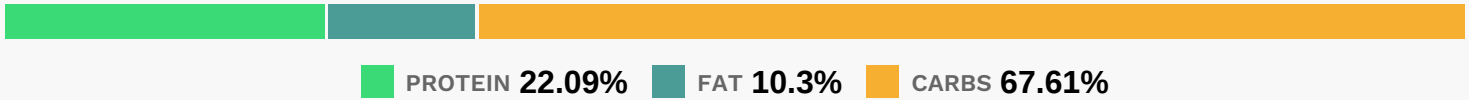
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a medium saucepan.
- ☐ Add rice; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Cool slightly (rice will be sticky).
- ☐ Combine 2 tablespoons water and soy sauce in a small bowl.
- ☐ Combine 2 tablespoons water and wasabi powder in a small bowl.Gently spread about 1/4 cup rice mixture over 1 crepe using moist fingertips.
- ☐ Place 2 spinach leaves on lower third of crepe. Arrange 3 shrimp and 2 avocado slices over spinach.
- ☐ Sprinkle with 1/2 teaspoon sesame seeds.
- ☐ Roll up crepe jelly-roll fashion, pressing seam to seal.
- ☐ Cut roll crosswise into 4 slices. Repeat procedure with the remaining crepes, rice mixture, spinach, shrimp, avocado slices, and sesame seeds.
- ☐ Serve with soy sauce mixture and wasabi sauce.

Nutrition Facts



Properties

Glycemic Index:30.91, Glycemic Load:13.83, Inflammation Score:-3, Nutrition Score:5.5730435433595%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 169.31kcal (8.47%), Fat: 1.9g (2.92%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 27g (9.82%), Sugar: 5.82g (6.47%), Cholesterol: 54.26mg (18.09%), Sodium: 350.07mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Manganese: 0.35mg (17.6%), Folate: 53.92µg (13.48%), Copper: 0.22mg (11.1%), Phosphorus: 105.62mg (10.56%), Vitamin K: 9.85µg (9.38%), Vitamin B1: 0.13mg (8.56%), Iron: 1.52mg (8.45%), Magnesium: 27.02mg (6.75%), Selenium: 3.95µg (5.64%), Zinc: 0.82mg (5.48%), Vitamin B3: 1.01mg (5.03%), Calcium: 45.85mg (4.59%), Fiber: 1.06g (4.25%), Potassium: 140.47mg (4.01%), Vitamin A: 188.84IU (3.78%), Vitamin B6: 0.06mg (3.03%), Vitamin B5: 0.3mg (2.99%), Vitamin B2: 0.03mg (1.89%), Vitamin C: 0.83mg (1.01%)