

food
network



HEALTH SCORE

75%

California Roll



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings avocado peeled cut in fine pieces



4 servings sushi rice prepared



4 servings crab meat cut in pieces



4 servings cucumber peeled seeded cut in fine strips



4 servings nori seaweed



4 servings sesame seed toasted

Equipment



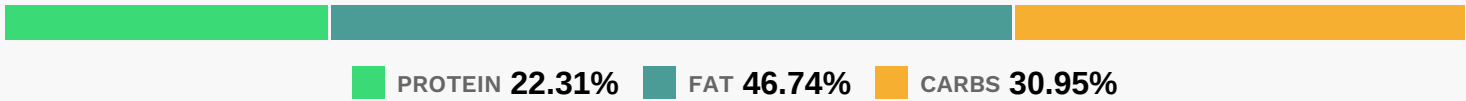
knife

☐ cutting board

Directions

- ☐ Cut nori sheet in half and place it on bamboo mat, shiny side down. Dampen your fingers in water.
- ☐ Spread a thin layer of sushi rice over the seaweed, do not cover completely. Leave a 1-inch margin at the ends uncovered to seal the roll.
- ☐ Lay crabmeat, avocado and cucumber lengthwise.
- ☐ Sprinkle with sesame seeds.
- ☐ To roll; slowly fold the end of the mat closest to you over the filling and tuck it in. Use medium pressure to create a compact tube.
- ☐ Remove the mat from around the roll, press in the loose ends and place it on a cutting board, seam side down. Using a wet, sharp knife, slice the roll in half then into 6 equal pieces.
- ☐ Serve with wasabi, soy sauce and pickled ginger.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:26.433913002843%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 362.1kcal (18.1%), Fat: 19.35g (29.77%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 20.3g (7.38%), Sugar: 0.75g (0.83%), Cholesterol: 35.7mg (11.9%), Sodium: 723.33mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.57%), Vitamin B12: 7.65µg (127.5%), Copper: 1.35mg (67.31%), Selenium: 38.97µg (55.67%), Zinc: 6.69mg (44.58%), Fiber: 8.52g (34.1%), Folate: 128.63µg (32.16%), Manganese: 0.61mg (30.35%), Phosphorus: 296.22mg (29.62%), Magnesium: 103.22mg (25.81%), Vitamin B6: 0.47mg (23.62%), Potassium: 709.46mg (20.27%), Vitamin K: 21.1µg (20.11%), Vitamin C: 16.37mg (19.84%), Vitamin B5: 1.89mg (18.85%), Vitamin B3: 3.3mg (16.52%), Vitamin E: 2.14mg (14.23%), Calcium: 131.68mg (13.17%), Iron: 2.36mg (13.1%), Vitamin B1: 0.19mg (12.37%), Vitamin B2: 0.2mg (11.9%), Vitamin A: 219.86IU (4.4%)