



## California Sushi Bites



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



40

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 Tbsp capers rinsed drained
- ☐ 4 large eggs beaten
- ☐ 0.3 cup domino granulated sugar
- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 haas avocados ripe thinly sliced
- ☐ 40 servings bottled lime juice fresh
- ☐ 40 servings toppings: pickled ginger prepared
- ☐ 2.3 cups mahatma valencia rice white

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup rice wine dry
- ☐ 7 oz roasted bell peppers red drained
- ☐ 4 ounces nova salmon smoked thinly sliced
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sesame seed toasted
- ☐ 8 ounces certified american shrimp wild fresh uncooked unpeeled
- ☐ 2 cups spinach leaves fresh

## Equipment

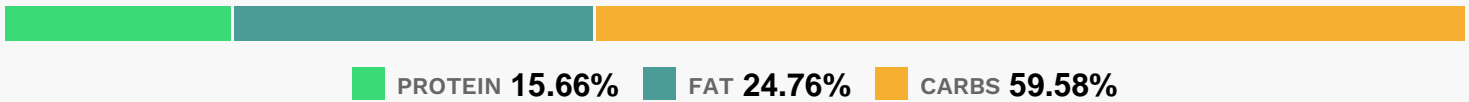
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board

## Directions

- ☐ Bring first 3 ingredients and 4 1/2 cups water to a boil in a medium saucepan over high heat. Stir in rice. Cover, reduce heat to medium-low, and simmer 15 to 20 minutes or until rice is tender and liquid is absorbed. Stir in rice wine using a fork.
- ☐ If frozen, thaw shrimp according to package directions. Peel shrimp; devein, if desired.
- ☐ Cook shrimp in boiling water to cover 2 to 3 minutes or just until shrimp turn pink.
- ☐ Drain, and let cool 15 minutes. Coarsely chop shrimp.
- ☐ Cut bell peppers into 1/4- to 1/2-inch-wide strips.
- ☐ Coat a griddle with cooking spray, and heat over medium heat.
- ☐ Pour a thin layer of beaten eggs onto griddle to make a thin omelet. Cook, without stirring, 1 minute or until egg is cooked and dry.
- ☐ Transfer omelet to a clean kitchen towel. Repeat procedure with remaining eggs. (Do not stack or overlap omelets on towel.)

- ☐ Arrange omelets in a single layer in a plastic wrap-lined 13- x 9-inch pan, overlapping edges and piecing together as needed to cover bottom of pan.
- ☐ Sprinkle capers and toasted sesame seeds over egg layer. Arrange salmon over half of mixture in pan; arrange shrimp over other half. Using wet hands, top with 2 1/2 cups rice mixture, pressing into an even layer and packing down firmly.
- ☐ Arrange spinach over rice, overlapping edges. Top with green onions. Using wet hands, top with 2 1/2 cups rice mixture, pressing into an even layer and packing down firmly.
- ☐ Remove and reserve 1 bell pepper strip. Arrange remaining bell pepper strips over rice. Top with avocado.
- ☐ Sprinkle with lime juice (about 1 Tbsp.). Using wet hands, top with remaining rice mixture, pressing into an even layer and packing down firmly. Cover with plastic wrap, and place a second 13- x 9-inch pan, right-side up, directly on filled pan, pressing down firmly on topmost pan to compact layers. Chill at least 2 hours or up to 8 hours.
- ☐ Remove top pan; remove and discard plastic wrap. Invert sushi onto a cutting board, and remove and discard plastic wrap. Using a thin sharp knife, cut sushi into 1- to 1 1/2-inch pieces, cutting straight down through sushi. (Do not use a sawing motion when cutting.)
- ☐ Cut reserved bell pepper strip into tiny diamond shapes or pieces; top each sushi bite with a bell pepper piece.
- ☐ Serve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:6.03, Inflammation Score:-3, Nutrition Score:4.8386956297833%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 89.3kcal (4.46%), Fat: 2.53g (3.9%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 12.55g (4.56%), Sugar: 1.92g (2.14%), Cholesterol: 28.38mg (9.46%), Sodium: 183.52mg (7.98%), Alcohol: 0.15g (100%), Alcohol %: 0.25% (100%), Protein: 3.6g (7.21%), Vitamin C: 13.05mg (15.81%), Vitamin K: 12.32µg (11.73%), Manganese: 0.18mg (9.04%), Selenium: 4.37µg (6.25%), Copper: 0.12mg (6.06%), Phosphorus: 54.8mg (5.48%), Folate: 19.74µg (4.93%), Vitamin A: 239IU (4.78%), Fiber: 1.17g (4.66%), Vitamin B6: 0.09mg (4.52%), Potassium: 150.06mg (4.29%), Magnesium: 15.91mg (3.98%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.58µg (3.9%), Vitamin B2: 0.06mg (3.35%), Vitamin B3: 0.61mg (3.03%), Iron: 0.52mg (2.86%), Zinc: 0.43mg (2.85%), Vitamin E: 0.42mg (2.82%), Calcium: 26.06mg (2.61%), Vitamin B12: 0.14µg (2.28%), Vitamin B1: 0.03mg (2.16%)