

California “Sushi” Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



85 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups rice long-grain white uncooked
- 0.3 cup rice vinegar (not seasoned)
- 0.3 cup sugar
- 1 teaspoon salt
- 2 teaspoons ginger grated
- 2 large cucumber seeded chopped
- 1 cup carrots shredded finely
- 0.5 cup spring onion sliced

- 16 oz imitation crab sliced
- 1 small avocado pitted peeled thinly sliced

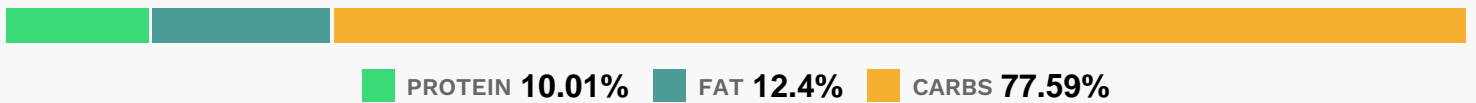
Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- baking pan
- microwave

Directions

- In 3-quart saucepan, cook rice in water as directed on package.
- Spread rice in 13x9-inch baking dish, cover with plastic wrap and refrigerate for 1 hour or until completely cool.
- Meanwhile, in small microwavable bowl, mix vinegar, sugar and salt. Microwave 20 to 30 seconds; whisk until sugar is dissolved. Stir in gingerroot.
- In large bowl, toss cooled rice with vinegar mixture. Stir in cucumbers, carrots, green onions and crabmeat; mix well. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:41.26, Glycemic Load:27.57, Inflammation Score:-9, Nutrition Score:10.93304358358%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 308.48kcal (15.42%), Fat: 4.18g (6.44%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 58.92g (19.64%), Net Carbohydrates: 54.9g (19.96%), Sugar: 10.21g (11.35%), Cholesterol: 6.24mg (2.08%), Sodium: 627.18mg (27.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin A: 2822.35IU (56.45%), Manganese: 0.63mg (31.54%), Vitamin K: 25.41µg (24.2%), Fiber: 4.02g (16.08%), Copper: 0.21mg (10.7%), Selenium: 7.3µg (10.43%), Vitamin B5: 1.04mg (10.35%), Folate: 40.95µg (10.24%), Vitamin B6: 0.2mg (10.14%), Potassium: 341.17mg (9.75%), Phosphorus: 89.46mg (8.95%), Vitamin C: 6.9mg (8.36%), Magnesium: 30.75mg (7.69%), Vitamin B3: 1.4mg (6.98%), Vitamin B1: 0.09mg (5.67%), Zinc: 0.85mg (5.67%), Vitamin B2: 0.09mg (5.2%), Vitamin E: 0.73mg (4.89%), Iron: 0.81mg (4.52%), Calcium: 36.51mg (3.65%)