



Crab, Avocado and Mango Roll



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



492 kcal

Ingredients

- ☐ 1 avocado peeled seeded cut into thin slices
- ☐ 0.3 cup sesame seed black
- ☐ 4 teaspoons juice of lemon
- ☐ 4 teaspoons brown sugar light
- ☐ 1 pound lump crab meat dry with paper towels drained
- ☐ 1 mangos peeled cut into thin slices
- ☐ 0.3 cup mayonnaise
- ☐ 4 sheets nori seaweed toasted
- ☐ 0.5 bell pepper red cored seeded cut into thin slices

- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 cups short-grain sushi rice (recommended: Kokuho Rose)
- ☐ 2.5 cups water

Equipment

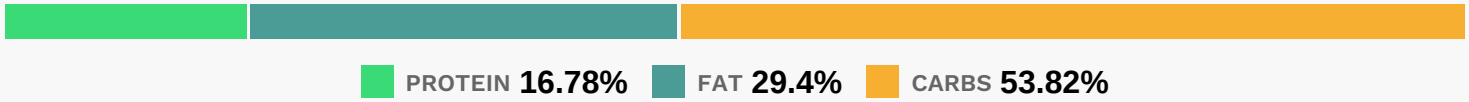
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Special equipment: bamboo sushi mat
- ☐ *Can be found at specialty Asian markets
- ☐ Serving suggestion: wasabi, sweet pickled ginger, soy sauce
- ☐ In a medium bowl, mix together the crabmeat, mayonnaise, lemon juice, and sugar.
- ☐ Place a piece of plastic wrap on the sushi mat. Using wet fingers, spread 1 1/4 cups of the rice evenly over the plastic wrap to form a rectangle slightly smaller than the sushi mat.
- ☐ Lay a sheet of nori over the rice. Arrange 1/4 of the crab mixture along the center of the nori leaving a 2-inch border at the top. Top the crab mixture with 1/4 of the avocado slices, 1/4 of the mango slices, and 1/4 of the red bell pepper slices. Using the sushi mat as a guide, fold the rice over the filling and roll into a cylinder.
- ☐ Remove the plastic wrap. Repeat with the remaining ingredients.
- ☐ Sprinkle each roll with the black sesame seeds.
- ☐ To serve, using a sharp, damp knife, slice each cylinder into 6 pieces (re-wet the knife after each slice). Arrange the crab rolls on a serving platter and serve with wasabi, sweet pickled ginger and soy sauce.
- ☐ *Can be found at specialty Asian markets

- ☐
- Place the rice and water in a medium saucepan over high heat. Bring the mixture to a boil. Cover the pan and reduce the heat to low. Simmer for 25 minutes.
- ☐
- Sprinkle the vinegar over the rice and mix with a fork.
- ☐
- Transfer the cooked rice to a parchment paper-lined baking sheet. Allow the rice to cool completely before using.

Nutrition Facts



Properties

Glycemic Index:56.79, Glycemic Load:44.78, Inflammation Score:-9, Nutrition Score:30.146521821942%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 491.71kcal (24.59%), Fat: 15.98g (24.59%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 60.23g (21.9%), Sugar: 8.12g (9.02%), Cholesterol: 35.67mg (11.89%), Sodium: 702.47mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.05%), Vitamin B12: 6.82µg (113.58%), Copper: 1.22mg (61.02%), Folate: 243.55µg (60.89%), Selenium: 40.4µg (57.72%), Manganese: 0.98mg (48.88%), Vitamin C: 35.86mg (43.47%), Zinc: 6.03mg (40.21%), Vitamin B1: 0.5mg (33.3%), Phosphorus: 296.8mg (29.68%), Iron: 4.53mg (25.18%), Vitamin B3: 4.8mg (23.99%), Vitamin K: 24.25µg (23.1%), Magnesium: 90.33mg (22.58%), Fiber: 5.62g (22.5%), Vitamin B6: 0.44mg (21.95%), Vitamin B5: 1.72mg (17.23%), Vitamin A: 847.83IU (16.96%), Potassium: 490.73mg (14.02%), Calcium: 114.19mg (11.42%), Vitamin E: 1.5mg (10.03%), Vitamin B2: 0.16mg (9.12%)