



WHATSheATE



Crab Salad Rolls with Ginger-Plum Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



198 kcal

Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup sushi rice cooked
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1 tablespoon green onion minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 head lettuce dried green rinsed
- ☐ 1.5 pounds lump crab meat fresh drained

- ☐ 1 mangos thinly sliced
- ☐ 0.3 cup maui sweet minced
- ☐ 0.5 cup mayonnaise
- ☐ 10 sheets mame nori plain
- ☐ 10 servings ginger-plum sauce
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon shichimi togarashi (Japanese spice mixture)

Equipment

- ☐ bowl

Directions

- ☐ Prepare Ginger-Plum Sauce; set aside.
- ☐ Combine next 11 ingredients in a medium bowl.
- ☐ Place 1 mame nori sheet on a dry work surface with a short end toward you. Using moistened fingers, place about 2 teaspoons of the rice along the short edge farthest from you.
- ☐ Place a dry lettuce leaf on the bottom third of wrapper.
- ☐ Spread 1/3 cup crabmeat mixture on top of lettuce. Top with 4 slices each of avocado and mango.
- ☐ Place another dry lettuce leaf atop avocado and mango. Starting with short edge closest to you, fold wrapper over filling.
- ☐ Roll toward top edge of wrapper (toward the rice), pressing firmly. (The rice will keep the roll closed.)
- ☐ Lay roll seam-side down, and repeat with remaining ingredients.
- ☐ Cut each roll into 4 pieces, and place on a serving platter.
- ☐ Serve with Ginger-Plum Sauce.

Nutrition Facts



Properties

Glycemic Index:26.98, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:21.47869567897%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 197.68kcal (9.88%), Fat: 11.99g (18.45%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.46g (2.35%), Sugar: 3.59g (3.99%), Cholesterol: 33.28mg (11.09%), Sodium: 737.05mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.18%), Vitamin B12: 6.14µg (102.28%), Vitamin K: 70.5µg (67.15%), Vitamin A: 3147.8IU (62.96%), Selenium: 26.53µg (37.9%), Copper: 0.72mg (35.98%), Zinc: 4.37mg (29.13%), Vitamin C: 19.16mg (23.22%), Folate: 74.9µg (18.73%), Phosphorus: 181.23mg (18.12%), Magnesium: 48.26mg (12.07%), Vitamin B6: 0.23mg (11.5%), Manganese: 0.23mg (11.31%), Potassium: 369.82mg (10.57%), Fiber: 2.45g (9.79%), Vitamin E: 1.17mg (7.78%), Vitamin B3: 1.49mg (7.43%), Vitamin B5: 0.67mg (6.71%), Vitamin B2: 0.11mg (6.6%), Iron: 1.04mg (5.75%), Vitamin B1: 0.08mg (5.65%), Calcium: 55.11mg (5.51%)