

Egg and Pesto Sushi



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

25 min.

SERVINGS

servings

36

CALORIES

calories

55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup basil pesto



6 eggs beaten



2 cups glutinous rice white uncooked



6 sheets nori seaweed dry (seaweed)



36 servings salt and pepper to taste



4 cups water

Equipment



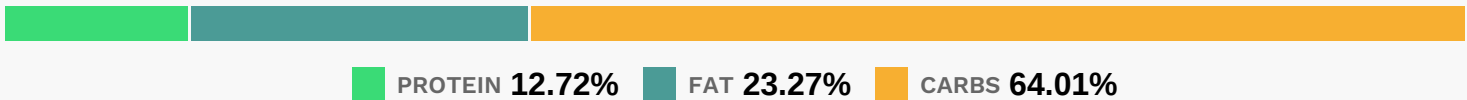
bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Combine rice and water in a saucepan and bring to a boil. Reduce heat to low, cover, and cook for 20 minutes, or until tender and water is absorbed. Leave covered, and let stand for 10 minutes.
- ☐ Remove to a bowl to cool completely.
- ☐ Heat a skillet over medium heat, and coat with cooking spray.
- ☐ Pour in the eggs, and scramble until cooked through. Season them with a little salt and pepper.
- ☐ Remove from heat and set aside.
- ☐ Lay one sheet of nori on a clean work surface, or if you have one, a sushi mat. Wet your hands, and press a layer of cooled rice about 1/3 inch thick onto half of the sheet.
- ☐ Spread a line of pesto across the edge of the rice about 1/2 inch wide. Top with a line of egg.
- ☐ Roll the sheet of nori over the pesto egg and rice to reach the empty part of the sheet. Wet the end, and roll up to seal. Use a knife to cut the roll into 6 small rolls.

Nutrition Facts



Properties

Glycemic Index:2.31, Glycemic Load:6.73, Inflammation Score:-1, Nutrition Score:1.5204347859582%

Nutrients (% of daily need)

Calories: 55.36kcal (2.77%), Fat: 1.39g (2.14%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.3g (3.02%), Sugar: 0.08g (0.09%), Cholesterol: 27.42mg (9.14%), Sodium: 223.31mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Selenium: 3.81µg (5.44%), Manganese: 0.1mg (5.17%), Vitamin B2: 0.04mg (2.34%), Phosphorus: 21.99mg (2.2%), Vitamin B5: 0.2mg (2%), Iron: 0.32mg (1.76%), Zinc: 0.23mg (1.51%), Vitamin A: 74.8IU (1.5%), Vitamin B1: 0.02mg (1.44%), Copper: 0.03mg (1.39%), Fiber: 0.32g (1.28%), Folate: 4.92µg (1.23%), Vitamin B6: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.14%), Vitamin B12: 0.07µg (1.09%)