



## Everything Bagel Sushi Rolls

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots finely chopped
- 4 ounces cream cheese
- 0.3 cup onion flakes dried
- 2 tablespoons garlic flakes dried
- 4 servings ground pepper black finely
- 4 servings kosher salt
- 2 tablespoons poppy seeds
- 3 tablespoons rice vinegar

- 2 scallions chopped
- 0.3 cup sesame seed
- 12 ounces salmon smoked thinly sliced
- 4 servings soya sauce for serving
- 1 tablespoon sugar
- 2 cups sushi rice
- 4 servings vegetable oil for greasing

## Equipment

- baking sheet
- sauce pan
- knife
- plastic wrap
- spatula

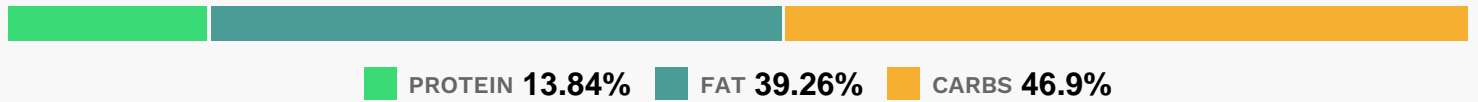
## Directions

- Rinse the rice in several changes of cold water, and then add to a medium saucepan with 3 3/4 cups water and 1 teaspoon salt. Bring to a boil, and then cover and reduce the heat to low. Cook, without stirring, until tender, about 15 minutes.
- Remove the saucepan from the heat and let stand, covered, 15 minutes more.
- Transfer the rice to a baking sheet. Stir together the vinegar, sugar and 1/2 teaspoon salt.
- Drizzle over the rice and fold in with a spatula.
- Let the rice cool completely (about 10 minutes in the refrigerator or 30 minutes at room temperature).
- Stir together the cream cheese, carrots and scallions.
- Place a piece of plastic wrap on the work surface and lightly oil.
- Place 1 1/3 cups rice on the plastic wrap and, using wet hands, press into a 7-inch square.
- Lay a single layer of salmon over the rice, leaving a 1/2-inch border on the side nearest to you. Line one-quarter of the vegetable cream cheese along the edge of salmon closest to you. Using the plastic wrap as an aid, firmly roll the sushi up into a cylinder. Press the rice together

with even pressure to form a roll. Repeat with the remaining ingredients, making 3 more rolls.

- Stir together the onion flakes, sesame seeds, dried garlic and poppy seeds on a baking sheet.
- Roll each roll in the seed mixture.
- Cut each roll into 8 pieces with a wet knife.
- Serve with soy, wasabi and pickled ginger.

## Nutrition Facts



## Properties

Glycemic Index:100.23, Glycemic Load:64.7, Inflammation Score:-10, Nutrition Score:35.236521824546%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg 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: 796.72kcal (39.84%), Fat: 34.61g (53.25%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 93g (31%), Net Carbohydrates: 86.69g (31.52%), Sugar: 7.24g (8.04%), Cholesterol: 48.19mg (16.06%), Sodium: 983.82mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.92%), Vitamin A: 5611.9IU (112.24%), Vitamin D: 14.54µg (96.96%), Manganese: 1.61mg (80.71%), Selenium: 49.08µg (70.12%), Vitamin B12: 2.84µg (47.25%), Copper: 0.87mg (43.7%), Vitamin K: 43.19µg (41.13%), Phosphorus: 374.65mg (37.46%), Vitamin B3: 6.89mg (34.47%), Vitamin B6: 0.61mg (30.31%), Fiber: 6.31g (25.24%), Iron: 4.52mg (25.13%), Magnesium: 99.54mg (24.89%), Vitamin B1: 0.36mg (24.26%), Calcium: 231.16mg (23.12%), Vitamin E: 2.91mg (19.41%), Zinc: 2.89mg (19.24%), Vitamin B5: 1.85mg (18.52%), Potassium: 558.18mg (15.95%), Vitamin B2: 0.26mg (15.43%), Folate: 40.96µg (10.24%), Vitamin C: 5.7mg (6.9%)