



Five-Minute Sushi

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



30

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup sesame seed black
- 1 cucumber english
- 0.5 cup tan sesame seeds
- 30 servings wasabi
- 1 pound sushi-grade yellowfin tuna

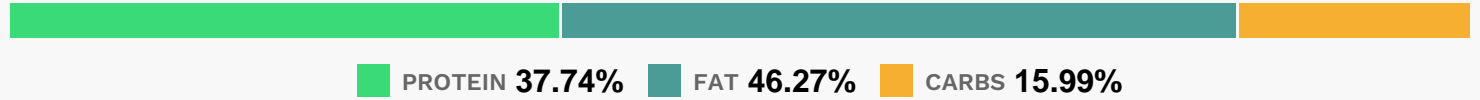
Equipment

- bowl

Directions

- Slice tuna into 1/2-inch cubes. Slice cucumber into rounds; top each with a small dollop of wasabi.
- Combine black and tan sesame seeds in a bowl; cover sides of each tuna cube.
- Place tuna atop each cucumber round; add a drop of soy sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.1360869200333%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 48.81kcal (2.44%), Fat: 2.58g (3.97%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.18g (0.2%), Cholesterol: 5.9mg (1.97%), Sodium: 7.89mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Selenium: 15.45µg (22.07%), Vitamin B3: 3.05mg (15.24%), Copper: 0.22mg (10.84%), Vitamin B6: 0.19mg (9.5%), Phosphorus: 77.48mg (7.75%), Manganese: 0.14mg (7.02%), Magnesium: 25.52mg (6.38%), Calcium: 53.51mg (5.35%), Vitamin B12: 0.31µg (5.24%), Iron: 0.89mg (4.96%), Vitamin B1: 0.06mg (4.18%), Potassium: 116.14mg (3.32%), Zinc: 0.5mg (3.31%), Fiber: 0.8g (3.18%), Vitamin B2: 0.04mg (2.08%), Vitamin D: 0.26µg (1.71%), Vitamin K: 1.66µg (1.58%), Folate: 6.21µg (1.55%), Vitamin C: 1.12mg (1.36%)