



Fun Fruit Sushi

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

READY IN



15 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 banana thinly sliced
- 20 servings chocolate chips shredded mini toasted thinly sliced for topping sushi, optional
- 2 cups rice cooked (any)
- 0.5 pint strawberries
- 0.7 cup marshmallows
- 1 tablespoon butter unsalted

Equipment

- sauce pan

ice cube tray

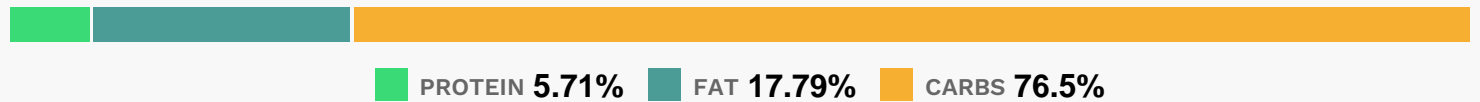
Directions

Special equipment: Nigiri sushi mold or plastic ice cube tray

To make sweet sticky "sushi" rice: In a medium saucepan over medium-low heat, melt the butter and marshmallows until completely soft.

Remove from the heat and stir in the cooked rice until well blended. Spray the nigiri mold or ice cube tray lightly with nonstick spray. Take slices of the fruit medley and place in the bottom of the mold or ice cube tray. Spoon in rice and press gently into the fruit. Unmold the "sushi" and top with mini chocolate chips and toasted coconut, if desired.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:6.52, Inflammation Score:-1, Nutrition Score:1.4656521883672%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 44.92kcal (2.25%), Fat: 0.9g (1.39%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.26g (3%), Sugar: 2.89g (3.21%), Cholesterol: 1.65mg (0.55%), Sodium: 2.43mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 7.47mg (9.06%), Manganese: 0.14mg (6.82%), Vitamin B6: 0.04mg (2.1%), Fiber: 0.48g (1.93%), Selenium: 1.33µg (1.9%), Potassium: 45mg (1.29%), Magnesium: 5.07mg (1.27%), Copper: 0.02mg (1.15%), Folate: 4.53µg (1.13%), Phosphorus: 11.23mg (1.12%)