



## Fun Salmon Hand Roll

 **Gluten Free**  **Dairy Free**

READY IN



47 min.

SERVINGS



6

CALORIES



308 kcal

### Ingredients

- 8 asparagus spears steamed trimmed to 5-inches long, lightly thin
- 0.5 cup mint leaves fresh finely chopped
- 4 sheets nori seaweed toasted cut in 1/2 lengthwise\*
- 5 ounce center cut salmon fillet skinless finely chopped
- 0.3 cup seasoned rice vinegar
- 4 teaspoons sesame oil
- 2 cups short-grain sushi rice (recommended: Kokuho Rose)
- 4 teaspoons soya sauce
- 2.5 cups water

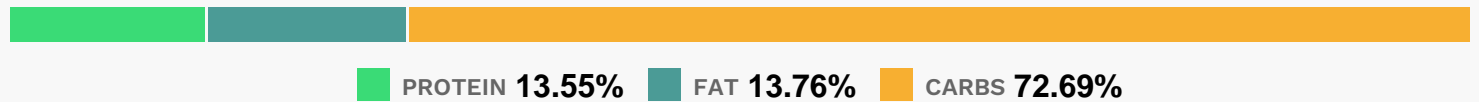
# Equipment

- bowl

# Directions

- \*Can be found at specialty Asian markets
- Serving suggestion: wasabi, sweet pickled ginger, soy sauce
- In a medium bowl, mix together the chopped salmon, sesame oil, soy sauce, and mint leaves.
- Place a sheet of nori, shiny side down, on a work surface.
- Place 1/4 cup of the rice on the left side of the nori sheet. Using wet fingers, form the rice into a 3-inch square, leaving a 1/2-inch border.
- Place about 2 tablespoons of the salmon mixture, diagonally, in a 1/2-inch wide strip, on the rice, with the top of the salmon mixture facing the top left corner.
- Place a spear of asparagus on top of the salmon. Starting with the bottom left corner, roll the nori over the filling. Continue to roll, ice cream cone-fashion, working towards the right corner of the nori. Seal the edge of the hand roll with water or a few grains of the cooked rice. Repeat with the remaining ingredients.
- Arrange on a serving platter and serve with wasabi, sweet pickled ginger and soy sauce.

# Nutrition Facts



# Properties

Glycemic Index:29.83, Glycemic Load:41.89, Inflammation Score:-7, Nutrition Score:14.299565418907%

# Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

# Nutrients (% of daily need)

Calories: 307.6kcal (15.38%), Fat: 4.58g (7.05%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 51.82g (18.84%), Sugar: 0.48g (0.54%), Cholesterol: 12.99mg (4.33%), Sodium: 242.06mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Folate: 178.53µg (44.63%), Manganese: 0.82mg (40.79%), Vitamin B1: 0.47mg (31.18%), Selenium: 19.28µg (27.54%), Vitamin B3: 5.05mg (25.28%), Iron: 3.79mg (21.03%), Vitamin B6: 0.34mg (17.11%), Copper: 0.28mg (13.91%), Vitamin B5: 1.35mg (13.46%), Phosphorus: 131.04mg (13.1%), Vitamin B12: 0.75µg (12.52%), Fiber: 2.65g (10.61%), Vitamin B2: 0.18mg (10.33%), Vitamin K: 9.31µg (8.86%), Vitamin A: 420.2IU (8.4%), Magnesium: 30.9mg (7.72%), Zinc: 1.09mg (7.25%), Potassium: 245.72mg (7.02%), Vitamin C: 3.06mg (3.71%), Calcium: 24.68mg (2.47%), Vitamin E: 0.3mg (1.97%)