



Grilled Rice Balls



Vegetarian



Low Fod Map

READY IN



37 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter cut into small pieces
- ☐ 4 servings chives chopped for garnish
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons mirin
- ☐ 1 cup short-grain sushi rice
- ☐ 2 tablespoons soya sauce

Equipment

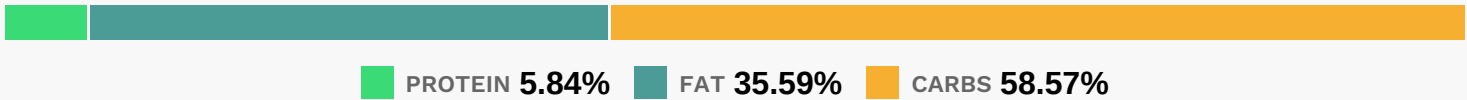
- ☐ whisk

- ☐ plastic wrap
- ☐ grill
- ☐ tongs
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ For this recipe it's important that you use Japanese short-grain white rice, also sometimes called sushi rice. Brown rice and long-grain rice will not work. Cook the rice according to the package directions along with the salt. While the rice is cooking bring the soy sauce and mirin to a boil over low heat until it's reduced by about half. Take it off the heat and whisk in the butter.
- ☐ When the rice is done and cooled down just a bit (it should still be hot), cut off a square piece of plastic wrap and pile 1/4 of the cooked rice in the center. Wrap the plastic around it and use your hands to press it together into 1-inch thick triangle. Make sure they are densely packed together so they won't fall apart on the grill. Repeat with the remaining rice and plastic wrap.
- ☐ Preheat the grill to medium.
- ☐ Use a pastry brush to baste 1 side of the rice balls with the butter mixture and put them on the grill, buttered side down.
- ☐ Let them grill until browned and crisp on 1 side, about 5 minutes) then brush the tops of the rice balls with the butter mixture. Flip them over using tongs and grill until the second side is crisp.
- ☐ Transfer the rice balls to a serving platter.
- ☐ Brush again with the butter mixture and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:31.38, Inflammation Score:-6, Nutrition Score:7.4613043549268%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 298.92kcal (14.95%), Fat: 11.78g (18.13%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 42.13g (15.32%), Sugar: 2.18g (2.42%), Cholesterol: 30.5mg (10.17%), Sodium: 1240.89mg (53.95%), Alcohol: 0.85g (100%), Alcohol %: 1.28% (100%), Protein: 4.35g (8.7%), Folate: 118.6µg (29.65%), Manganese: 0.57mg (28.43%), Vitamin B1: 0.29mg (19.29%), Iron: 2.35mg (13.07%), Vitamin B3: 2.42mg (12.12%), Selenium: 7.77µg (11.11%), Vitamin A: 398.08IU (7.96%), Vitamin B5: 0.7mg (6.96%), Phosphorus: 63.19mg (6.32%), Fiber: 1.5g (5.99%), Copper: 0.12mg (5.96%), Vitamin B6: 0.11mg (5.27%), Zinc: 0.61mg (4.06%), Magnesium: 15.82mg (3.95%), Vitamin K: 3.12µg (2.97%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.33mg (2.21%), Potassium: 63.56mg (1.82%)