



How to Make a California Roll



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



5

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado sliced
- ☐ 0.3 cup caviar red such as tobiko
- ☐ 0.3 pound crab meat shredded cooked drained
- ☐ 1 cucumber english seeded sliced into strips
- ☐ 1 tablespoon mayonnaise
- ☐ 5 sheets nori seaweed dry seaweed
- ☐ 2 tablespoons pickled ginger drained for garnish
- ☐ 1 teaspoon salt or as needed

- ☐ 0.5 cup seasoned rice vinegar
- ☐ 2 tablespoons soya sauce to taste
- ☐ 1 tablespoon wasabi paste
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked

Equipment

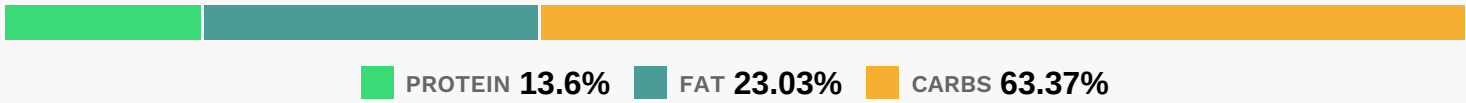
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Wrap a sushi rolling mat completely in plastic wrap and set aside.
- ☐ Bring water and rice to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Transfer rice to a bowl and cut in rice vinegar using a rice paddle or wooden spoon. Season with 1 teaspoon sugar and 1 teaspoon salt, or to taste. Allow to cool to room temperature, about 30 minutes.
- ☐ Combine crab meat with mayonnaise in a small bowl.
- ☐ Place a sheet of nori on a flat work surface.
- ☐ Spread a thin layer of rice on top of the nori.
- ☐ Place the nori, rice side down, on the prepared rolling mat.
- ☐ Place 2 to 3 avocado slices on top of the nori in one layer. Top with 2 to 3 tablespoons of the crab mixture. Spoon 1 to 2 teaspoons tobiko lengthwise on one side of the avocado-crab mixture, and 2 cucumber strips on the other side. Using the mat as a guide, carefully roll the California roll into a tight log.
- ☐ Remove the rolling mat. Top roll with more tobiko, cover with plastic wrap, and gently press the tobiko into the top of the roll.

- ☐
- Remove the plastic and cut roll into 6 even pieces using a wet knife. Repeat with remaining sheets of nori and filling.
- ☐
- Serve garnished with pickled ginger, soy sauce, and wasabi paste

Nutrition Facts



Properties

Glycemic Index:46.24, Glycemic Load:36.11, Inflammation Score:-5, Nutrition Score:18.972173991411%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 430.57kcal (21.53%), Fat: 10.93g (16.81%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 67.68g (22.56%), Net Carbohydrates: 63.28g (23.01%), Sugar: 1.62g (1.8%), Cholesterol: 92.73mg (30.91%), Sodium: 1215mg (52.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Vitamin B12: 3.12µg (52.07%), Manganese: 1.01mg (50.71%), Selenium: 29.3µg (41.86%), Copper: 0.53mg (26.26%), Magnesium: 94.35mg (23.59%), Vitamin K: 24.72µg (23.54%), Phosphorus: 232.04mg (23.2%), Vitamin B5: 2.17mg (21.7%), Vitamin B6: 0.35mg (17.72%), Fiber: 4.4g (17.6%), Folate: 67.3µg (16.82%), Iron: 2.83mg (15.72%), Zinc: 2.32mg (15.45%), Vitamin B3: 2.94mg (14.72%), Potassium: 509.02mg (14.54%), Vitamin B2: 0.22mg (13.14%), Vitamin E: 1.7mg (11.34%), Calcium: 106.47mg (10.65%), Vitamin C: 8.08mg (9.79%), Vitamin B1: 0.13mg (8.92%), Vitamin A: 234.97IU (4.7%), Vitamin D: 0.35µg (2.32%)