



Ice-Tray Sushi Blocks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups sushi rice cooked (from a Japanese restaurant)
- ☐ 3 tablespoons grape tomatoes finely chopped
- ☐ 3 spring onion chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lime
- ☐ 2.5 tablespoons mayonnaise
- ☐ 1 teaspoon orange juice

- ☐ 7 ounces salmon cut into 1/4-inch cubes
- ☐ 0.3 teaspoon sesame oil

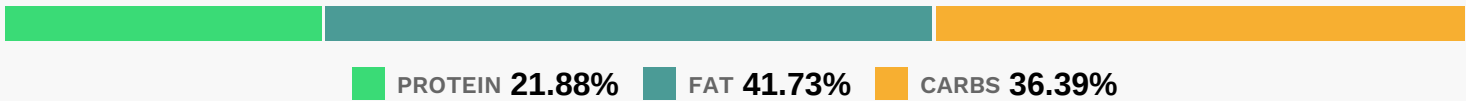
Equipment

- ☐ bowl
- ☐ muffin tray

Directions

- ☐ Combine all the ingredients except the rice in a bowl.
- ☐ To make the sushi-rice blocks, use an ice-cube tray as a mold (small cups, mini-muffin tins, and tartlet pans will also work). Prepare the mold by sprinkling it lightly with water.
- ☐ Press the rice into the tray squares, then use your finger to push a hole 3/4 of the way into each square.
- ☐ Turn the mold upside down onto waxed paper, and tap until the squares fall out.
- ☐ Fill each hole with about a teaspoon of the salmon mixture and serve.
- ☐ If you don't have a sushi restaurant within delivery distance, you can also use rice from a Chinese restaurant.
- ☐ Let it cool to room temperature, drizzle it with a mixture of 3 tablespoons rice vinegar, 1 1/2 tablespoons sugar, and 1/2 teaspoon salt, then stir to combine.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.8195652205335%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 37.17kcal (1.86%), Fat: 1.69g (2.6%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.13g (0.15%), Cholesterol: 5.16mg (1.72%), Sodium: 38.19mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Selenium: 3.87µg (5.53%), Vitamin K: 5.65µg (5.38%), Vitamin B12: 0.26µg (4.41%), Vitamin B6: 0.07mg (3.71%), Vitamin B3: 0.71mg (3.56%), Manganese: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.08%), Phosphorus: 19.13mg (1.91%), Vitamin B5: 0.18mg (1.75%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.54%), Potassium: 51.99mg (1.49%)