

Japanese salmon & avocado rice



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g sushi rice
- ☐ 350 g salmon fillet skinless
- ☐ 2 small avocado ripe sliced
- ☐ 1 juice of lemon
- ☐ 4 tsp soy sauce light
- ☐ 4 tsp sesame seed toasted
- ☐ 2 spring onion thinly sliced
- ☐ 1 to 5 chillies red deseeded thinly sliced

☐ 1 small handful cilantro leaves

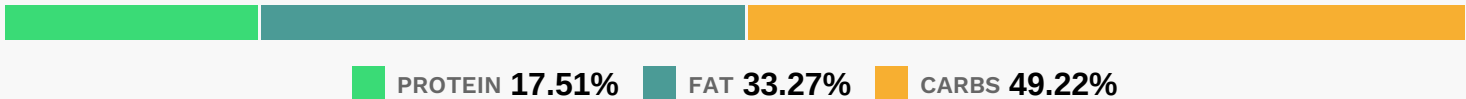
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Rinse the rice in a sieve until the water runs clear.
- ☐ Drain and put in a large pan with 400ml water. Bring to the boil, turn the heat to low, cover, then cook for 10–12 mins until the rice is almost cooked.
- ☐ Remove from the heat, then leave, covered, for another 10 mins.
- ☐ Thinly slice the salmon and arrange on a platter with the sliced avocado.
- ☐ Drizzle over the lemon juice and soy, making sure everything is evenly covered. Leave in the fridge to marinate for 10 mins.
- ☐ Carefully tip the juices from the salmon platter into the rice, then stir in with a little salt. Divide the rice between 4 bowls. Scatter the sesame seeds, spring onions, chilli and coriander over the salmon and avocado, then serve with the rice.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:50.43, Inflammation Score:-7, Nutrition Score:29.80565243182%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 585.91kcal (29.3%), Fat: 21.82g (33.56%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 72.62g (24.21%), Net Carbohydrates: 63.13g (22.96%), Sugar: 1.71g (1.89%), Cholesterol: 48.13mg (16.04%), Sodium: 388.67mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Selenium: 44.51µg (63.58%), Vitamin B6: 1.15mg (57.38%), Vitamin B3: 10.75mg (53.76%), Manganese: 1mg (50.11%), Vitamin B12: 2.78µg (46.38%), Fiber: 9.49g (37.97%), Vitamin C: 30.52mg (36.99%), Vitamin K: 38.2µg (36.38%), Vitamin B5: 3.54mg (35.36%), Copper: 0.65mg (32.53%), Vitamin B2: 0.54mg (31.51%), Phosphorus: 309.03mg (30.9%), Potassium: 1061.72mg (30.33%), Folate: 120.1µg (30.02%), Vitamin B1: 0.43mg (28.89%), Magnesium: 85.69mg (21.42%), Iron: 3.11mg (17.31%), Zinc: 2.35mg (15.64%), Vitamin E: 2.23mg (14.88%), Vitamin A: 416.76IU (8.34%), Calcium: 58.53mg (5.85%)