



HEALTH SCORE

84%

## Korean Sushi Rolls with Walnut-Edamame Crumble



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



3467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 large carrots cut into thin 2-inch-long matchsticks
- ☐ 4 ounces edamame shelled
- ☐ 3 tablespoons blackstrap molasses
- ☐ 10 sheets nori seaweed
- ☐ 10 nori-length pieces of pickled daikon
- ☐ 1 tablespoon sesame seed toasted

- ☐ 20 shiso leaves
- ☐ 1.5 tablespoons soya sauce plus more for serving
- ☐ 2 cups sushi rice rinsed well
- ☐ 2 cups walnuts coarsely chopped
- ☐ 2 cups water

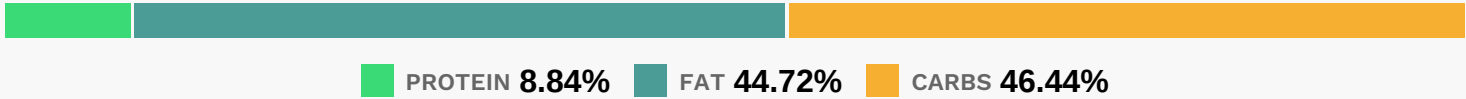
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels

## Directions

- ☐ In a medium saucepan, bring the rice and the water to a boil. Cover and cook over low heat for 15 minutes, until the water is absorbed.
- ☐ Remove from the heat and let stand, covered, for 10 minutes. Scrape the rice into a bowl. Cover with a kitchen towel and let stand until cool enough to handle, about 30 minutes.
- ☐ Meanwhile, heat the oil in a medium nonstick skillet.
- ☐ Add the walnuts and cook over high heat, stirring, until lightly toasted, about 3 minutes.
- ☐ Add the edamame, molasses and the 1 1/2 tablespoons of soy sauce and cook over moderately high heat, stirring, until sticky, about 5 minutes. Stir in the sesame seeds.
- ☐ Transfer to a bowl and let cool.
- ☐ Set 1 nori sheet on a bamboo sushi mat. With lightly moistened hands, pat 2/3 cup of the sushi rice onto the nori in a rectangle that covers the lower two-thirds of the sheet, about 1/3 inch thick. Crush 2 rice grains in the empty corners to act as glue. Arrange 2 shiso leaves over the rice. In the center of the shiso, arrange a piece of daikon, 2 tablespoons of carrots and 2 tablespoons of the walnut-edamame mixture. Lift the end of the bamboo mat nearest you up and over, pressing to tuck the filling into a cylinder. Tightly roll up the fillings. Repeat to form the remaining 9 rolls.
- ☐ Cut each roll into 6 pieces and transfer to a platter.
- ☐ Serve with soy sauce.

# Nutrition Facts



## Properties

Glycemic Index:275.83, Glycemic Load:270.41, Inflammation Score:-10, Nutrition Score:69.921304702759%

## Flavonoids

Cyanidin: 6.34mg, Cyanidin: 6.34mg, Cyanidin: 6.34mg, Cyanidin: 6.34mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 3467.01kcal (173.35%), Fat: 176.88g (272.12%), Saturated Fat: 16.42g (102.63%), Carbohydrates: 413.33g (137.78%), Net Carbohydrates: 377.27g (137.19%), Sugar: 61.68g (68.53%), Cholesterol: 0mg (0%), Sodium: 1699.48mg (73.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.66g (157.32%), Manganese: 13.31mg (665.43%), Vitamin A: 25456.68IU (509.13%), Copper: 5.23mg (261.46%), Magnesium: 663.03mg (165.76%), Fiber: 36.06g (144.24%), Phosphorus: 1244.14mg (124.41%), Vitamin B6: 2.42mg (120.82%), Iron: 21.37mg (118.72%), Selenium: 81.38µg (116.26%), Vitamin B1: 1.69mg (112.68%), Potassium: 3375.4mg (96.44%), Zinc: 13.26mg (88.41%), Folate: 335.96µg (83.99%), Vitamin B3: 14.36mg (71.8%), Calcium: 652.51mg (65.25%), Vitamin B5: 5.51mg (55.13%), Vitamin B2: 0.82mg (48.12%), Vitamin E: 5.32mg (35.46%), Vitamin K: 36.38µg (34.65%), Vitamin C: 23.88mg (28.94%)