



Lemon Shrimp California Rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



215 min.

SERVINGS



18

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup water
- 0.5 cup rice medium-grain uncooked
- 1 tablespoon rice vinegar
- 1 teaspoon lemon zest grated
- 0.5 teaspoon sugar
- 0.3 teaspoon salt
- 3 large the of 1 cos lettuce
- 0.3 cup salad dressing

- 2 teaspoons juice of lemon
- 0.3 teaspoon ground ginger
- 0.5 cup bell pepper () (bell pepper, carrot, radish, cucumber)
- 18 small shrimp deveined cooked peeled

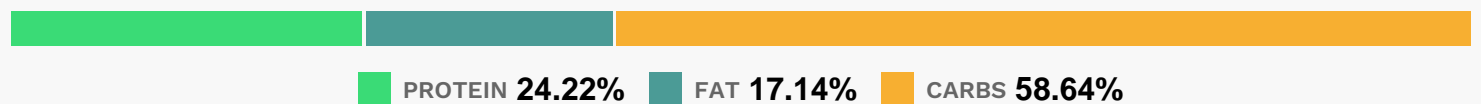
Equipment

- frying pan
- toothpicks

Directions

- Heat water to boiling in 2-quart sauce-pan.
- Add rice; reduce heat to low. Cover and simmer about 20 minutes or until water is absorbed. Cool slightly. Refrigerate about 30 minutes or until chilled. Stir vinegar, lemon peel, sugar and salt
- into chilled rice.
- Cut and discard center ribs from romaine leaves.
- Cut leaves into strips, about 5 inches long and 3/4 inch wide.
- Mix mayonnaise, lemon juice and ginger; spread on each romaine strip.
- Spoon about 1 tablespoon rice mixture over each strip to within 1 inch of 1 end.
- Place 3 or 4 vegetable strips on center of each romaine strip.
- Roll up; secure with toothpick. Top each with 1 shrimp. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:4.24, Inflammation Score:-4, Nutrition Score:2.6408695423085%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 42.59kcal (2.13%), Fat: 0.8g (1.24%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.8g (2.11%), Sugar: 0.71g (0.79%), Cholesterol: 16.1mg (5.37%), Sodium: 77.91mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Vitamin A: 537.33IU (10.75%), Vitamin C: 5.86mg (7.1%), Vitamin K: 6.81µg (6.49%), Folate: 23.56µg (5.89%), Manganese: 0.09mg (4.71%), Phosphorus: 30.75mg (3.07%), Copper: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.91%), Iron: 0.41mg (2.27%), Vitamin B3: 0.33mg (1.67%), Magnesium: 6.58mg (1.64%), Potassium: 55.54mg (1.59%), Selenium: 1.1µg (1.57%), Fiber: 0.39g (1.55%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.11mg (1.06%)