



Phyllo Sushi Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce ahi tuna steak (5 inches long)
- ☐ 1.5 tablespoons sesame oil dark
- ☐ 0.3 cup juice of lime fresh
- ☐ 8 sheets nori seaweed cut into 7- x 6-inch rectangles*
- ☐ 8 sheets dough frozen thawed
- ☐ 6 ounce pickled ginger
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons seasoned rice vinegar

- ☐ 1 cup short grain rice uncooked
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 8 servings wasabi
- ☐ 2 cups water

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ Bring 2 cups water to a boil; stir in rice. Cover; reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender. Stir in vinegar, sugar, and salt. Cover and chill thoroughly.
- ☐ Drain pickled ginger, reserving 1/4 cup juice.
- ☐ Combine ginger juice and next 3 ingredients; stir well.
- ☐ Cut tuna lengthwise into 8 strips; place strips in a heavy-duty, zip-top plastic bag.
- ☐ Pour half the juice mixture over tuna. Seal bag. Chill 30 minutes.
- ☐ Unfold phyllo; cover with plastic wrap and a damp towel to prevent drying. Fold 1 sheet of phyllo crosswise in half; spray pastry with cooking spray.
- ☐ Place nori sheet on bottom edge of pastry. Spoon 3 tablespoons rice mixture across 1 short end of nori.
- ☐ Place 1 strip of tuna on rice mixture. Spoon 3 tablespoons rice mixture over tuna.
- ☐ Roll up, tucking in pastry as you roll.
- ☐ Place on a baking sheet lined with parchment paper. Repeat procedure with remaining phyllo, nori, rice mixture, and tuna.
- ☐ Bake at 450 for 10 minutes or until golden.
- ☐ Cut each roll in half diagonally.

- ☐
- Serve with remaining juice mixture, ginger, and wasabi.
- ☐
- * Nori is a paper-thin sheet of dried seaweed that is generally used for wrapping sushi and rice balls. It can be found in Japanese markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:20.9, Inflammation Score:-7, Nutrition Score:12.573043592598%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 241.52kcal (12.08%), Fat: 5.48g (8.43%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 34.83g (12.67%), Sugar: 2.11g (2.35%), Cholesterol: 10.77mg (3.59%), Sodium: 652.69mg (28.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Vitamin B12: 2.67µg (44.56%), Selenium: 18.79µg (26.84%), Vitamin B3: 4.66mg (23.28%), Manganese: 0.46mg (23.15%), Vitamin B1: 0.33mg (21.83%), Folate: 83.1µg (20.77%), Vitamin A: 758.6IU (15.17%), Phosphorus: 127.41mg (12.74%), Iron: 2.27mg (12.61%), Vitamin B6: 0.23mg (11.65%), Vitamin D: 1.62µg (10.77%), Vitamin B2: 0.18mg (10.43%), Magnesium: 36.39mg (9.1%), Copper: 0.17mg (8.61%), Vitamin B5: 0.76mg (7.65%), Fiber: 1.72g (6.87%), Potassium: 231.91mg (6.63%), Vitamin C: 5.18mg (6.28%), Zinc: 0.7mg (4.69%), Vitamin E: 0.43mg (2.89%), Calcium: 17.06mg (1.71%)