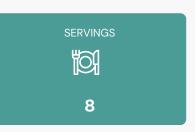


Phyllo Sushi Rolls

airy Free







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				
Diı	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 ice balls. It can be found in Japenese markets and some supermarkets.	
Nutrition Facts	
PROTEIN 18% FAT 20.68% CARBS 61.32%	

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, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 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: Og (100%), Alcohol %: O% (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: 758.61U (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%)