



3%
HEALTH SCORE

Pineapple Musubi Rolls

 **Gluten Free**  **Dairy Free**

READY IN



59 min.

SERVINGS



10

CALORIES



101 kcal

Ingredients

- 16 inch spring onion
- 0.5 teaspoon kosher salt
- 1 tablespoon soy sauce
- 1 teaspoon rice wine sweet (rice wine)
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- 2 sheets kombu (seaweed)
- 16 inch pineapple fresh
- 3 tablespoons rice vinegar

- 0.8 cup short grain rice uncooked
- 4 ounces spam lite cut into 2 (3/4-inch-thick) pieces
- 0.5 teaspoon sriracha such as huy fong) hot
- 1 tablespoon sugar divided
- 0.8 cup water

Equipment

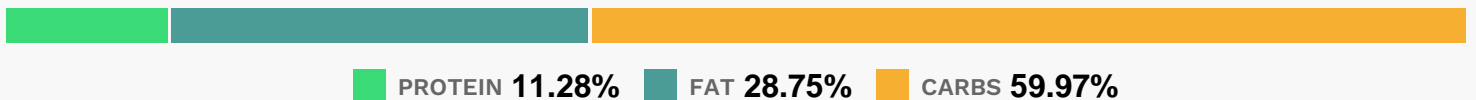
- bowl
- frying pan
- paper towels
- sauce pan
- sieve
- plastic wrap
- microwave

Directions

- Place the rice in a fine mesh sieve. Rinse under cold water, stirring rice until water runs clear (about 1 minute).
- Combine rice and 3/4 cup plus 1 tablespoon water in a small saucepan, and cover. Bring to a boil; cook 1 minute. Reduce heat, and simmer for 5 minutes. Increase heat to high, and cook for 30 seconds.
- Remove from heat.
- Let stand, covered, for 5 minutes.
- Combine rice wine vinegar, mirin, 2 teaspoons sugar, and salt in a microwave-safe dish; microwave at HIGH for 30 seconds, stirring until sugar dissolves. Cool.
- Place rice and 2 tablespoons vinegar mixture in a bowl; toss. Cover with a paper towel soaked in remaining vinegar mixture.
- Combine remaining sugar and soy sauce in a small bowl.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- Add Spam to pan; cook 4 minutes on each side or until lightly browned.

- Add to soy mixture; toss.
- Let stand 5 minutes.
- Remove Spam from soy mixture; cut in half lengthwise. Reserve remaining soy mixture.
- Cut off top quarter of each nori sheet along short end.
- Place 1 nori sheet, shiny side down, on a sushi mat covered with plastic wrap, with long end toward you. Pat about 3/4 cup rice mixture evenly over nori with moist hands, leaving a 1-inch border on 1 long end of nori. Arrange 2 Spam slices, 2 pineapple pieces, and 1 green onion piece along top third of rice-covered nori. Top with 1/4 teaspoon Sriracha and half of reserved soy mixture. Lift edge of nori closest to you; fold over filling. Lift bottom edge of sushi mat; roll toward top edge, pressing firmly on sushi roll. Continue rolling to top edge; press mat to seal sushi roll.
- Let rest, seam side down, 5 minutes. Slice roll crosswise into 10 pieces. Repeat procedure with the remaining rice, nori, Spam, pineapple, onion, Sriracha, and soy mixture.

Nutrition Facts



Properties

Glycemic Index:29.28, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:3.6530434515165%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 101.4kcal (5.07%), Fat: 3.12g (4.8%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 14.04g (5.1%), Sugar: 1.71g (1.9%), Cholesterol: 8.05mg (2.68%), Sodium: 342.08mg (14.87%), Alcohol: 0.24g (100%), Alcohol %: 0.49% (100%), Protein: 2.75g (5.51%), Manganese: 0.21mg (10.53%), Folate: 39.94µg (9.98%), Vitamin B1: 0.13mg (8.47%), Vitamin K: 8.78µg (8.36%), Selenium: 4.95µg (7.08%), Vitamin B3: 1.08mg (5.4%), Iron: 0.82mg (4.56%), Phosphorus: 36.37mg (3.64%), Vitamin C: 2.87mg (3.48%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.39mg (2.59%), Copper: 0.05mg (2.5%), Fiber: 0.6g (2.4%), Potassium: 80.31mg (2.29%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.21mg (2.13%), Magnesium: 8.38mg (2.09%)