



Prosciutto, Pear, and Blue Cheese Sushi

READY IN



20 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic reduction
- ☐ 2 tablespoons cheese blue
- ☐ 3 cups brown rice cooked
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 sheets nori seaweed seaweed
- ☐ 0.5 cup pears julienned peeled
- ☐ 3 tablespoons pinenuts
- ☐ 4 slices pancetta
- ☐ 4 tablespoons rice vinegar

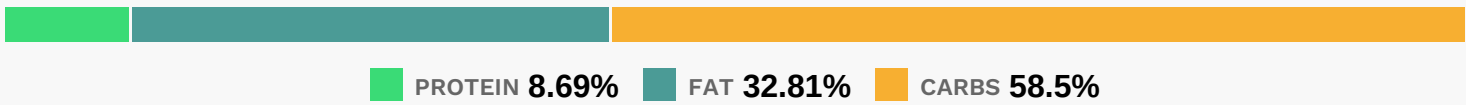
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Combine cooked rice, vinegar, and salt in a medium bowl; set aside. Toast and crush pine nuts; set aside.
- ☐ Cover a sheet of aluminum foil with plastic wrap; top with 1 sheet nori. Press 3/4 cup seasoned rice onto nori, leaving a 1/4-inch border at the top and bottom. Press 1/2 tablespoon crushed pine nuts into the rice; top with 1 slice prosciutto, 1/2 tablespoon blue cheese, and 2 tablespoons pear.
- ☐ Roll foil tightly toward you; remove foil and plastic wrap.
- ☐ Cut roll into 1-inch pieces with a sharp, wet knife.
- ☐ Repeat steps with 3 more rolls.
- ☐ Drizzle pieces of each sushi roll evenly with 1 1/2 teaspoons balsamic glaze.

Nutrition Facts



Properties

Glycemic Index:41.49, Glycemic Load:17.49, Inflammation Score:-4, Nutrition Score:11.70478261165%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 287.94kcal (14.4%), Fat: 10.57g (16.25%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 38.81g (14.11%), Sugar: 3.77g (4.19%), Cholesterol: 7.91mg (2.63%), Sodium: 391.85mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Manganese: 2.29mg (114.5%), Magnesium: 89.54mg (22.39%), Phosphorus: 184.91mg (18.49%), Fiber: 3.57g (14.27%), Vitamin B1: 0.2mg (13.55%), Vitamin B3: 2.68mg (13.38%), Vitamin B6: 0.26mg (12.9%), Copper: 0.24mg (12.16%), Zinc: 1.63mg (10.87%), Iron: 1.35mg (7.49%), Vitamin B5: 0.73mg (7.28%), Vitamin K: 6.66µg (6.34%), Potassium: 211.06mg (6.03%), Vitamin E: 0.79mg (5.26%), Calcium: 41.86mg (4.19%), Folate: 15.57µg (3.89%), Vitamin B2: 0.06mg (3.73%), Selenium: 2.29µg (3.27%), Vitamin B12: 0.08µg (1.38%), Vitamin C: 1mg (1.21%)