



Prosciutto, Pear, and Blue Cheese Sushi

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tablespoon cheese blue
- 3 cups brown rice cooked
- 0.5 teaspoon kosher salt
- 1 sheet kombu (seaweed)
- 2 tablespoons pears julienned
- 3 tablespoons pinenuts
- 1 slice pancetta thin
- 0.3 tablespoon karo syrup

4 tablespoons rice vinegar

Equipment

plastic wrap

aluminum foil

Directions

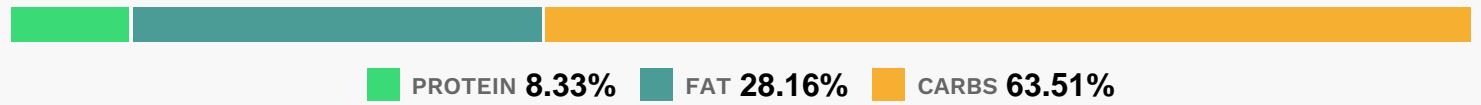
Combine 3 cups cooked brown rice with 4 tablespoons rice vinegar and 1/2 teaspoon kosher salt. Toast and crush 3 tablespoons pine nuts; set aside. Cover a sheet of tin foil with plastic wrap, and top with 1 sheet of nori (seaweed). Press 3/4 cup rice onto nori, leaving 1/4-inch borders at the top and bottom. Press tablespoon crushed pine nuts into rice, and top with 1 thin slice prosciutto, 1/2 tablespoon blue cheese, and 2 tablespoons julienned pear.

Roll foil tightly toward you.

Remove foil and plastic wrap.

Cut roll into 1-inch pieces. Make 3 more; drizzle each with 1/4 tablespoon balsamic syrup.

Nutrition Facts



Properties

Glycemic Index:41.49, Glycemic Load:16.91, Inflammation Score:-4, Nutrition Score:10.622173882049%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 236.51kcal (11.83%), Fat: 7.4g (11.39%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 34.42g (12.52%), Sugar: 1.79g (1.98%), Cholesterol: 1.98mg (0.66%), Sodium: 318.38mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Manganese: 2.28mg (113.96%), Magnesium: 85.06mg (21.26%), Phosphorus: 163.79mg (16.38%), Fiber: 3.15g (12.59%), Vitamin B1: 0.18mg (12.23%), Vitamin B3:

2.38mg (11.89%), Vitamin B6: 0.23mg (11.69%), Copper: 0.23mg (11.34%), Zinc: 1.45mg (9.7%), Iron: 1.24mg (6.88%),
Vitamin B5: 0.63mg (6.31%), Potassium: 176.03mg (5.03%), Vitamin E: 0.72mg (4.83%), Vitamin K: 4.8µg (4.57%),
Folate: 10.36µg (2.59%), Vitamin B2: 0.04mg (2.49%), Calcium: 24.28mg (2.43%)