



Seafood Sushi Wraps

READY IN



95 min.

SERVINGS



24

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup sushi rice medium-grain uncooked ()
- ☐ 1 cup water
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 3 hamburger buns whole wheat ()
- ☐ 6 tablespoons approx cream cheese spread (from 8-oz container)
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup bell pepper red chopped
- ☐ 6 oz imitation crab refrigerated
- ☐ 3 spring onion trimmed to 8-inch length, halved lengthwise

- ☐ 2 tablespoons ginger finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 teaspoons sugar
- ☐ 0.3 teaspoon chili paste depending on your taste pref red
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup soy sauce reduced-sodium

Equipment

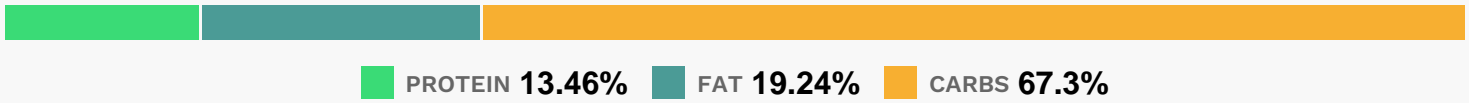
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In 1 1/2-quart nonstick saucepan, heat rice and water to boiling. Reduce heat to low; cover and cook 15 to 20 minutes or until all water is absorbed and rice is tender. Meanwhile, place 15x10-inch pan with sides in freezer to chill.
- ☐ Drizzle rice vinegar over rice while lifting and fluffing rice; spread rice in chilled pan.
- ☐ Place in freezer for 5 minutes to cool completely.
- ☐ On work surface, place 1 roll-up with short sides at top and bottom.
- ☐ Spread 2 tablespoons cream cheese over entire surface of roll-up.
- ☐ Spread 3/4 cup cooled rice over cream cheese, leaving 1 1/2 inches of top short edge free of rice. Starting 1 inch from bottom short edge, arrange narrow row of carrot, row of bell pepper and row of crabmeat crosswise over rice. Above crabmeat, place 2 onion halves, alternating ends so there is one green end and one white end on each side. Press all layers into rice.
- ☐ Bring bottom edge of roll-up over fillings to top edge of rice; pull bottom edge of roll-up back toward bottom, scraping rice into roll and fillings to make a firm roll (be sure there are no air spaces).
- ☐ Roll up, letting cream cheese seal the roll. Wrap in plastic wrap. Repeat with remaining ingredients, making 2 more rolls. Refrigerate rolls 1 hour.

- ☐
- Meanwhile, in small bowl, mix dipping sauce ingredients. To serve, trim ends of each roll; cut each roll into 8 slices.
- ☐
- Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:4.2, Inflammation Score:-4, Nutrition Score:2.6286956438714%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 60.29kcal (3.01%), Fat: 1.27g (1.96%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 9.34g (3.4%), Sugar: 1.37g (1.52%), Cholesterol: 3.26mg (1.09%), Sodium: 215.03mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin A: 595.77IU (11.92%), Manganese: 0.15mg (7.27%), Vitamin C: 4.53mg (5.5%), Selenium: 2.75µg (3.92%), Vitamin K: 3.79µg (3.61%), Vitamin B1: 0.04mg (2.85%), Folate: 11.18µg (2.79%), Fiber: 0.67g (2.7%), Vitamin B3: 0.49mg (2.44%), Iron: 0.42mg (2.34%), Vitamin B2: 0.04mg (2.06%), Phosphorus: 19.93mg (1.99%), Magnesium: 7.73mg (1.93%), Vitamin B6: 0.03mg (1.74%), Copper: 0.03mg (1.54%), Calcium: 15.07mg (1.51%), Potassium: 49.29mg (1.41%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.11mg (1.08%)