



Sesame Rice Balls with Red Pepper Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



40

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup sesame seeds black toasted
- ☐ 20 edamame frozen thawed (soybeans in the pod)
- ☐ 0.3 cup pickled ginger minced
- ☐ 1 bell pepper red coarsely chopped
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 cups short grain rice

- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon wasabi powder
- ☐ 2 cups water

Equipment

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

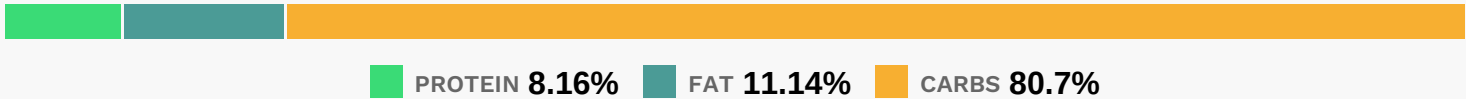
Directions

- ☐ Purée bell pepper with vinegar and sugar in a blender until smooth.
- ☐ Transfer to a small heavy saucepan and stir in red pepper flakes. Simmer 5 minutes, then pour through a fine sieve into a bowl, pressing on solids.
- ☐ Rinse rice in a bowl in several changes of cold water until water is almost clear; drain well in a large sieve.
- ☐ Combine rice and 2 cups water in a 3-quart heavy saucepan and let stand 10 minutes. Cover with a tight-fitting lid and bring to a boil over high heat. Cook at a rapid boil (lid will be rattling and foam may drip down outside of pan) 5 minutes, or until water is absorbed.
- ☐ Remove from heat and let stand, covered, 10 minutes.
- ☐ Transfer warm rice to a large wooden bowl and sprinkle vinegar over it, a little at a time, while gently tossing with a flat wooden paddle or spoon so vinegar is absorbed and rice cools as it is aerated. Cool to room temperature.
- ☐ Stir together ginger and wasabi paste and remove edamame beans from pods.
- ☐ Have ready a bowl of warm water (for dipping hands and spoon) and a double-thickness 12-inch square of plastic wrap. Holding plastic in palm of 1 hand, put an edamame bean in center and invert a packed tablespoon of rice on top of bean. Gather plastic up around rice and twist tightly to form a ball (bean should still be visible). Unwrap, leaving plastic in your hand, and, going in from side opposite bean, poke a dampened finger into center of ball and fill with 1/4 teaspoon ginger mixture. Close rice over mixture and twist plastic tightly to re-form ball,

then flatten slightly.

- ☐ Remove rice ball from plastic.
- ☐ Sprinkle sesame seeds over top and sides of rice ball, pressing lightly to adhere (do not coat bean with seeds).
- ☐ Transfer rice ball, bean side up, to a plate.
- ☐ Make more rice balls in same manner.
- ☐ Serve rice balls with dipping sauce.
- ☐ • If you use fresh edamame, cook the pods briefly in boiling water. • Dipping sauce may be made 1 day ahead and rice balls 4 hours ahead and chilled, covered tightly with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:6.8, Inflammation Score:-2, Nutrition Score:2.2186956625918%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.94kcal (2.35%), Fat: 0.57g (0.88%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 8.82g (3.21%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 1.67mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Manganese: 0.14mg (7.08%), Folate: 27.18µg (6.79%), Vitamin C: 3.99mg (4.84%), Vitamin B1: 0.07mg (4.48%), Copper: 0.07mg (3.42%), Iron: 0.6mg (3.34%), Selenium: 1.87µg (2.67%), Vitamin B3: 0.51mg (2.53%), Fiber: 0.54g (2.15%), Vitamin A: 100.69IU (2.01%), Vitamin B6: 0.04mg (1.88%), Magnesium: 7.37mg (1.84%), Phosphorus: 17.92mg (1.79%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.21mg (1.39%), Calcium: 10.98mg (1.1%)