

Shrimp Maki



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 inch avocado peeled ()
- 12 strips julienne-cut carrot
- 4.5 cups sushi rice cooked
- 1 cucumber peeled halved lengthwise seeded cut into 12 (7-inch) julienne-cut strips
- 6 green onion tops (7-inch length)
- 6 sheets nori seaweed (seaweed)
- 0.8 pound shrimp deveined cooked peeled halved

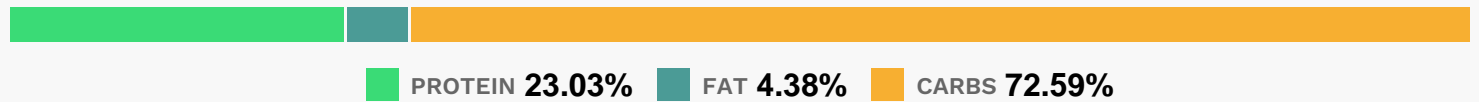
Equipment

- knife
- plastic wrap

Directions

- Cut off top quarter of nori sheet along short end.
- Place nori, shiny side down, on a sushi mat covered with plastic wrap, with long end toward you. Pat 3/4 cup rice over nori with moist hands, leaving a 1-inch border on one long end of the nori.
- Arrange 1/4 cup shrimp, 2 carrot strips, 2 slices avocado, 1 green onion top, and 2 cucumber strips along top third of rice-covered nori.
- 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, for 5 minutes. Repeat procedure with remaining ingredients. Slice each roll into 8 pieces with a sharp knife.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:8.05, Inflammation Score:-10, Nutrition Score:21.568695483%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 287.77kcal (14.39%), Fat: 1.43g (2.19%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 44.29g (16.11%), Sugar: 12.62g (14.03%), Cholesterol: 91.29mg (30.43%), Sodium: 251.19mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.77%), Vitamin A: 40923.04IU (818.46%), Vitamin K: 62.56µg (59.59%), Manganese: 0.77mg (38.6%), Fiber: 8.92g (35.67%), Potassium: 1053.04mg (30.09%), Phosphorus: 233.83mg (23.38%), Vitamin C: 18.45mg (22.37%), Copper: 0.45mg (22.33%), Vitamin B6: 0.41mg (20.34%), Folate: 67.87µg (16.97%), Magnesium: 67.44mg (16.86%), Vitamin B3: 2.89mg (14.46%), Vitamin B1: 0.21mg (14.09%), Calcium: 139.41mg (13.94%), Zinc: 2.05mg (13.67%), Vitamin E: 1.79mg (11.94%), Vitamin B5: 1.11mg (11.09%), Selenium: 7.7µg (11%), Vitamin B2: 0.19mg (10.94%), Iron: 1.58mg (8.75%)