



Smoked Salmon and Avocado Rice Triangles

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



1397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 large avocado halved thinly sliced
- 3 sheets nori seaweed toasted (each 7 in. by 8 in.)
- 4 ounces salmon sliced
- 0.3 teaspoon salt
- 1.5 cups sushi rice such as nishiki brand
- 4 teaspoons sesame seed (Japanese sesame seed and seaweed seasoning)

Equipment

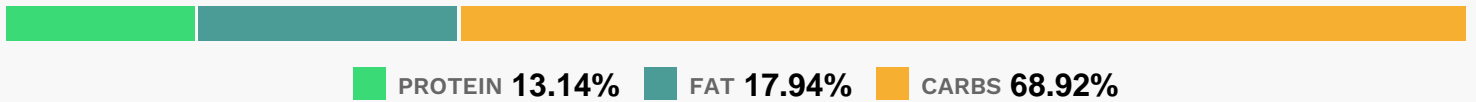
- baking sheet

plastic wrap

Directions

- Bring rice and 2 3/4 cups water to a boil, covered, then simmer 20 minutes.
- Let sit 10 minutes. Turn out onto a rimmed baking sheet and toss gently with salt.
- Moisten your hands with water and divide rice into 8 balls. Set 1 ball on a piece of plastic wrap, pinch off half, and flatten remaining rice into a small round.
- Layer with avocado, salmon, and about 1/2 tsp. furikake, leaving 1/2-in. border around filling. Top with rest of rice and use plastic to help you form a blunt triangle about 1 in. thick. Repeat with remaining rice and fillings.
- Position base of 1 rice triangle facing you. Center 1 nori strip over rice, angling it diagonally from left bottom corner. Tuck ends around triangle.
- Place 2nd nori strip over first, angled the opposite way; tuck ends under.
- Lay 3rd strip over and flush with base of triangle and tuck ends under.
- *Find furikake at Asian grocery stores.

Nutrition Facts



Properties

Glycemic Index:158, Glycemic Load:182.74, Inflammation Score:-8, Nutrition Score:44.801738987798%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 1397.15kcal (69.86%), Fat: 27.48g (42.28%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 237.51g (79.17%), Net Carbohydrates: 222.04g (80.74%), Sugar: 0.73g (0.81%), Cholesterol: 62.37mg (20.79%), Sodium: 662.35mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.56%), Manganese: 3.14mg (156.95%), Selenium: 86.5µg (123.58%), Vitamin B3: 17.09mg (85.45%), Vitamin B6: 1.56mg (77.92%), Copper: 1.3mg (64.83%), Fiber: 15.47g (61.88%), Vitamin B12: 3.61µg (60.1%), Vitamin B1: 0.89mg (59.6%), Vitamin B5: 5.61mg (56.14%), Phosphorus: 530.93mg (53.09%), Vitamin B2: 0.77mg (45.22%), Iron: 7.21mg (40.05%), Magnesium:

154.11mg (38.53%), Potassium: 1322.08mg (37.77%), Folate: 148.33µg (37.08%), Zinc: 5.4mg (36.02%), Vitamin K: 21.42µg (20.4%), Vitamin C: 13.09mg (15.87%), Vitamin E: 2.18mg (14.52%), Calcium: 140.01mg (14%), Vitamin A: 598.57IU (11.97%)