



Smoked salmon & avocado sushi



Dairy Free



Popular

READY IN



30 min.

SERVINGS



32

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g sushi rice
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 tsp caster sugar
- ☐ 1 large avocado
- ☐ 0.5 juice of lemon
- ☐ 4 sheets nori seaweed
- ☐ 4 large slices salmon smoked
- ☐ 1 bunch chives

☐ 32 servings soya sauce sweet (kecap manis)

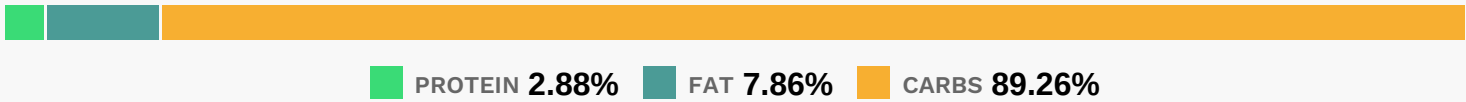
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ serrated knife

Directions

- ☐ Put the rice in a small pan with 600ml water. Bring to the boil and cook for 10 mins until the water is absorbed and the rice is tender. Stir through the vinegar and sugar, cover and cool.
- ☐ Skin, stone and slice the avocado. Put in a bowl and squeeze over the lemon juice, turning the avocado to ensure the pieces are covered.
- ☐ Divide the rice between the nori sheets and spread it out evenly, leaving a 1cm border at the top and bottom.
- ☐ Lay the salmon over the rice, followed by the chives and finally position the avocado across the centre.
- ☐ Fold the bottom edge of the seaweed over the filling, then roll it up firmly. Dampen the top border with a little water to help it seal the roll. Repeat to make 4 rolls. At this stage, the rolls can be wrapped individually in cling film and chilled until ready to serve.
- ☐ Using a serrated knife, cut each roll into 8 rounds.
- ☐ Serve with sweet soy sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:1.3160869398195%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol:

0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.82kcal (5.89%), Fat: 0.98g (1.51%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 24.43g (8.88%), Sugar: 13.39g (14.88%), Cholesterol: 0.03mg (0.01%), Sodium: 326.32mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Manganese: 0.1mg (5.22%), Fiber: 0.69g (2.76%), Selenium: 1.49µg (2.12%), Vitamin B5: 0.17mg (1.68%), Vitamin B3: 0.32mg (1.61%), Folate: 6.45µg (1.61%), Vitamin K: 1.6µg (1.52%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.37%), Vitamin C: 1.01mg (1.23%), Potassium: 40.28mg (1.15%), Iron: 0.2mg (1.1%), Phosphorus: 10.5mg (1.05%), Zinc: 0.16mg (1.05%), Magnesium: 4.12mg (1.03%)