



Smoked Salmon-Avocado Sushi Salad

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups water
- 1 cup sushi rice uncooked
- 0.3 cup seasoned rice vinegar
- 2 tablespoons soya sauce
- 1.5 teaspoons seasoned rice vinegar
- 0.3 teaspoon wasabi paste
- 2 tablespoons sesame seed toasted
- 1 avocado peeled cut lengthwise into 16 slices

- 3 oz salmon thinly sliced
- 4 teaspoons pickled ginger chopped (from 6-oz jar)

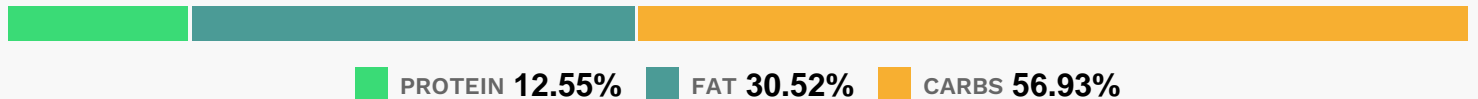
Equipment

- bowl
- sauce pan
- whisk
- chopsticks

Directions

- In 2-quart saucepan, heat 1 1/4 cups water and the rice to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes or until tender.
- Transfer to large bowl, tossing rice with chopsticks or 2 forks to cool slightly. Gradually add 1/4 cup vinegar to rice, tossing constantly. Cover bowl with damp towel; cool rice to room temperature.
- In small bowl, mix dressing ingredients with wire whisk.
- Dip hands into cold water; divide rice into 4 equal portions. Form each into oval-shaped patty about 3/4 inch thick.
- Roll edges in sesame seed.
- Place each patty on serving plate.
- Sprinkle top of each rice patty with 1 to 2 teaspoons dressing. Arrange 4 avocado slices over each. Top each with 1/4 of the sliced salmon and 1 teaspoon ginger slices.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:31, Inflammation Score:-4, Nutrition Score:13.123478251955%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 312.27kcal (15.61%), Fat: 10.59g (16.3%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 39.14g (14.23%), Sugar: 0.59g (0.65%), Cholesterol: 4.89mg (1.63%), Sodium: 681.39mg (29.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.8g (19.6%), Manganese: 0.69mg (34.56%), Vitamin D: 3.64µg (24.24%), Selenium: 15.65µg (22.35%), Fiber: 5.33g (21.32%), Copper: 0.42mg (21.18%), Vitamin B3: 3.45mg (17.23%), Vitamin B6: 0.3mg (14.81%), Phosphorus: 133.36mg (13.34%), Vitamin B5: 1.31mg (13.11%), Folate: 50.47µg (12.62%), Magnesium: 49.96mg (12.49%), Vitamin B12: 0.69µg (11.55%), Iron: 2.03mg (11.29%), Potassium: 377.21mg (10.78%), Vitamin B1: 0.16mg (10.69%), Vitamin K: 10.58µg (10.08%), Vitamin E: 1.35mg (9%), Zinc: 1.32mg (8.82%), Vitamin B2: 0.14mg (8.11%), Vitamin C: 5.41mg (6.55%), Calcium: 58.74mg (5.87%), Vitamin A: 92.33IU (1.85%)