



## Smoked Salmon-Avocado Sushi Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 avocado peeled cut lengthwise into 16 slices
- ☐ 2 tablespoons soy sauce
- ☐ 3 oz salmon thinly sliced
- ☐ 4 teaspoons pickled ginger chopped (from 6-oz jar)
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 1.5 teaspoons seasoned rice vinegar
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 cup sushi rice uncooked

- ☐ 0.3 teaspoon wasabi paste
- ☐ 1.3 cups water

## 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:68.25, Glycemic Load:30.93, Inflammation Score:-4, Nutrition Score:13.065217355023%

## 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: 311.43kcal (15.57%), Fat: 10.61g (16.32%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 39.1g (14.22%), Sugar: 0.48g (0.53%), Cholesterol: 4.89mg (1.63%), Sodium: 466.65mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Manganese: 0.68mg (34.01%), Vitamin D: 3.64µg (24.24%), Selenium: 15.61µg (22.31%), Fiber: 5.31g (21.26%), Copper: 0.42mg (20.77%), Vitamin B3: 3.18mg (15.91%), Vitamin B6: 0.29mg (14.55%), Phosphorus: 134.94mg (13.49%), Folate: 52.37µg (13.09%), Vitamin B5: 1.3mg (13.02%), Magnesium: 51.88mg (12.97%), Vitamin B12: 0.69µg (11.55%), Potassium: 386.3mg (11.04%), Iron: 1.93mg (10.7%), Vitamin B1: 0.16mg (10.55%), Vitamin K: 10.58µg (10.08%), Vitamin E: 1.38mg (9.22%), Zinc: 1.35mg (8.98%), Vitamin B2: 0.14mg (8.43%), Vitamin C: 5.41mg (6.55%), Calcium: 59.34mg (5.93%), Vitamin A: 92.33IU (1.85%)