



Smoked Salmon Sushi Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb avocado pitted peeled sliced
- ☐ 2 tablespoons caviar
- ☐ 4 servings pepper flakes
- ☐ 6 sheets nori seaweed toasted (or) (7 by 9 in.)
- ☐ 0.3 cup pickled ginger sliced
- ☐ 1 ounce radish sprouts rinsed drained (or daikon)
- ☐ 0.5 pound salmon smoked cut into strips
- ☐ 4 servings seasoned rice vinegar

☐ 4 servings sushi rice

Equipment

☐ bowl

☐ knife

Directions

☐ Rinse a 1- to 2-cup bowl with cold water and lightly pack 1/4 of the sushi rice salad into it. Invert onto a plate. Repeat to shape remaining portions.

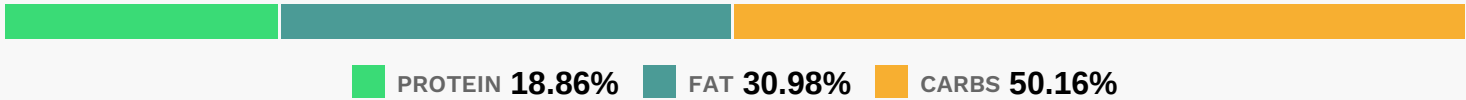
☐ Cut nori sheets into quarters. Moisten sliced avocado with rice vinegar.

☐ Sprinkle sushi rice salads equally with shaved bonito. Alongside each, arrange 1/4 of the nori, avocado, salmon, pickled ginger, and radish sprouts.

☐ Sprinkle servings with tobiko caviar.

☐ To eat as sushi, put some of each ingredient on a piece of nori and add chili mayonnaise to taste; fold nori over filling. Or eat as a salad with a knife and fork, adding chili mayonnaise to taste.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:31.21, Inflammation Score:-7, Nutrition Score:22.069565441297%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg

Nutrients (% of daily need)

Calories: 369.52kcal (18.48%), Fat: 12.81g (19.71%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 41.15g (14.96%), Sugar: 1.18g (1.31%), Cholesterol: 60.08mg (20.03%), Sodium: 576.93mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Vitamin D: 9.93µg (66.18%), Vitamin B12: 3.45µg (57.47%), Selenium: 31.03µg (44.33%), Manganese: 0.65mg (32.72%), Vitamin C: 24.35mg (29.51%),

Vitamin B3: 5.15mg (25.77%), Vitamin B6: 0.48mg (23.94%), Fiber: 5.54g (22.18%), Vitamin B5: 2.06mg (20.62%), Phosphorus: 203.41mg (20.34%), Copper: 0.39mg (19.55%), Magnesium: 73.13mg (18.28%), Folate: 70.63µg (17.66%), Iron: 2.81mg (15.59%), Potassium: 537.76mg (15.36%), Vitamin E: 2.24mg (14.91%), Vitamin B2: 0.24mg (14.36%), Vitamin K: 13.58µg (12.94%), Vitamin B1: 0.17mg (11.4%), Vitamin A: 530.3IU (10.61%), Zinc: 1.32mg (8.83%), Calcium: 50.51mg (5.05%)