



Southern Sushi Bites

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces cream cheese softened
- ☐ 1 tablespoon milk
- ☐ 4 pickled okra thinly sliced
- ☐ 2 tablespoons pickled vegetables finely minced
- ☐ 15 servings pickled ginger
- ☐ 15 servings soya sauce
- ☐ 16.5 oz tuna sushi rolls prepared
- ☐ 1.5 teaspoons wasabi prepared

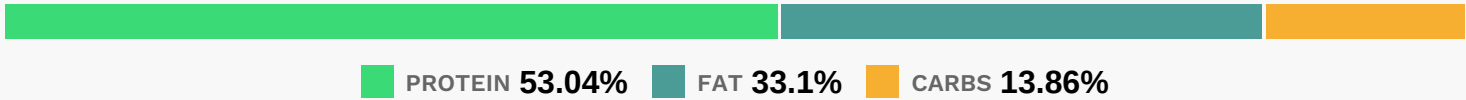
Equipment

- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Beat first 3 ingredients at high speed with an electric mixer until creamy. Spoon cream cheese mixture into a 1-qt. heavy-duty zip-top plastic bag (do not seal). Snip 1 corner of bag to make a small hole. Pipe cream cheese mixture onto 1 cut side of each tuna roll. Top cream cheese mixture evenly with pickled vegetables and okra.
- ☐ Serve immediately, or cover and chill up to 4 hours.
- ☐ Serve with soy sauce and pickled ginger.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:5.5865217291791%

Flavonoids

Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 62.97kcal (3.15%), Fat: 2.32g (3.57%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.8g (0.66%), Sugar: 0.63g (0.7%), Cholesterol: 17.07mg (5.69%), Sodium: 1093.32mg (47.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Selenium: 21.83µg (31.19%), Vitamin B3: 3.88mg (19.39%), Vitamin B12: 0.82µg (13.66%), Phosphorus: 77.05mg (7.71%), Vitamin B6: 0.15mg (7.57%), Manganese: 0.13mg (6.53%), Iron: 1.01mg (5.58%), Magnesium: 18.07mg (4.52%), Vitamin A: 218.75IU (4.37%), Vitamin B2: 0.07mg (4.23%), Potassium: 122.77mg (3.51%), Vitamin D: 0.39µg (2.57%), Copper: 0.05mg (2.43%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.1%), Calcium: 19.86mg (1.99%), Folate: 7.69µg (1.92%), Vitamin B5: 0.16mg (1.64%), Fiber: 0.38g (1.54%), Vitamin C: 1.2mg (1.46%), Vitamin K: 1.19µg (1.13%), Vitamin E: 0.16mg (1.09%)