



Spam Musubi



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



325 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce luncheon meat fully cooked
- ☐ 0.3 cup oyster sauce
- ☐ 6 tablespoons rice vinegar
- ☐ 2 cups short-grain rice white uncooked
- ☐ 0.3 cup soya sauce
- ☐ 5 sheets sushi nori dry (seaweed)
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Soak uncooked rice for 4 hours; drain and rinse.
- ☐ In a saucepan bring 2 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover, and simmer for 20 minutes. Stir in rice vinegar, and set aside to cool.
- ☐ In a separate bowl, stir together soy sauce, oyster sauce, and sugar until sugar is completely dissolved. Slice luncheon meat lengthwise into 10 slices, or to desired thickness, and marinate in sauce for 5 minutes.
- ☐ In a large skillet, heat oil over medium high heat. Cook slices for 2 minutes per side, or until lightly browned.
- ☐ Cut nori sheets in half and lay on a flat work surface.
- ☐ Place a rice press in the center of the sheet, and press rice tightly inside. Top with a slice of luncheon meat, and remove press. Wrap nori around rice mold, sealing edges with a small amount of water. (Rice may also be formed by hand in the shape of the meat slices, 1 inch thick.) Musubi may be served warm or chilled.

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:32.07, Inflammation Score:-4, Nutrition Score:8.2395652739898%

Nutrients (% of daily need)

Calories: 321.53kcal (16.08%), Fat: 12.03g (18.51%), Saturated Fat: 3.87g (24.21%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 43.02g (15.64%), Sugar: 10.09g (11.21%), Cholesterol: 24.15mg (8.05%), Sodium: 965.68mg

(41.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Folate: 97.23µg (24.31%), Manganese: 0.47mg (23.27%), Vitamin B1: 0.34mg (22.61%), Selenium: 14.25µg (20.36%), Vitamin B3: 3.18mg (15.9%), Iron: 2.09mg (11.61%), Phosphorus: 99.32mg (9.93%), Vitamin B6: 0.16mg (7.86%), Zinc: 1.03mg (6.88%), Copper: 0.13mg (6.5%), Vitamin B2: 0.1mg (6.05%), Vitamin B5: 0.54mg (5.44%), Potassium: 189.99mg (5.43%), Vitamin K: 5.05µg (4.81%), Fiber: 1.19g (4.75%), Magnesium: 17.11mg (4.28%), Vitamin B12: 0.18µg (2.95%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.2µg (1.36%), Vitamin A: 67.63IU (1.35%)