



Spicy Seattle Tuna Rolls



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.5 teaspoon kosher salt plus more for seasoning
- ☐ 4 sheets nori seaweed dried toasted halved lengthwise
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1.5 cups short grain rice cooled cooked ()
- ☐ 4 thai chile green stemmed coarsely chopped

- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vinegar white
- ☐ 1 pound sashimi-grade yellowfin tuna fillets cut into 1/8" cubes

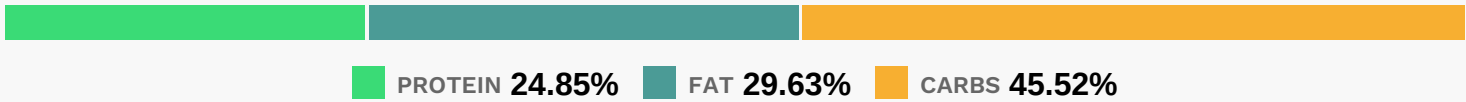
Equipment

- ☐ bowl

Directions

- ☐ Purée chiles, ginger, sesame seeds, garlic,and 1/2 teaspoon salt in a mini-processor untilpaste forms.
- ☐ Transfer to a medium bowl. Stirin both oils and vinegar. Season dressingwith salt.
- ☐ Add tuna; gently toss just to coat.
- ☐ Place nori sheets on a work surfacewith short side facing you.
- ☐ Spread about2 rounded tablespoons rice evenly on bottom thirdof each sheet. Divide tuna mixture amongrolls, spooning over rice. Top with fillings.
- ☐ Roll into cones or log shapes, using a few grains of cooked rice as "glue" to seal.
- ☐ calories 182, 9 grams fat,9 grams carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:23.57, Inflammation Score:-5, Nutrition Score:16.03304357114%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 273.27kcal (13.66%), Fat: 8.8g (13.53%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 29.18g (10.61%), Sugar: 0.1g (0.12%), Cholesterol: 22.11mg (7.37%), Sodium: 172.26mg (7.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.19%), Selenium: 57.46µg (82.08%), Vitamin B3: 12.12mg (60.6%), Vitamin B6: 0.61mg (30.67%), Folate: 91.08µg (22.77%), Manganese: 0.45mg (22.26%), Phosphorus: 201.88mg (20.19%), Vitamin B12: 1.18µg (19.66%), Vitamin B1: 0.29mg (19.35%), Vitamin K: 12.99µg (12.38%), Iron: 2.22mg (12.36%), Potassium: 298.13mg (8.52%), Magnesium: 32.86mg (8.22%), Copper: 0.15mg (7.46%), Vitamin B5: 0.65mg (6.54%), Vitamin D: 0.96µg (6.43%), Vitamin B2: 0.09mg (5.5%), Vitamin C: 4.31mg (5.22%), Vitamin E: 0.74mg (4.91%), Fiber: 1.22g (4.88%), Zinc: 0.73mg (4.84%), Vitamin A: 119.45IU (2.39%), Calcium: 15.27mg (1.53%)