



HEALTH SCORE

78%

Spicy Tuna Roll



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



1154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon chipotle pepper puree
- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 0.5 kirby cucumber peeled seeded cut into 1/16-inch-thick matchsticks
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon honey
- ☐ 4 inch kombu dried dry with cloth konbu
- ☐ 2 teaspoons kosher salt

- ☐ 0.3 cup mayonnaise
- ☐ 8 sheets roasted nori
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 scallions thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 4 servings sushi rice
- ☐ 1.3 pounds tuna fresh diced finely
- ☐ 2.5 cups water cold
- ☐ 2 cups rice medium-grain white such as Calrose
- ☐ 1 cup sesame seed white

Equipment

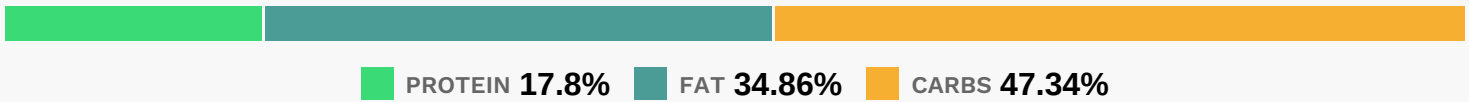
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the rice in strainer. Rinse under cold water until water runs clear.
- ☐ Drain well.
- ☐ Transfer rice to heavy medium saucepan.
- ☐ Add 1 1/4 cups fresh cold water and kelp to pan. Cover and let soak 30 minutes. Uncover, discard kelp and bring mixture to boil. Reduce heat to low. Cover and cook until water is absorbed and rice is just tender, about 15 minutes.
- ☐ Remove from heat.
- ☐ Let stand covered 15 minutes.

- ☐ Transfer rice to large glass bowl.
- ☐ Combine vinegar, sugar and salt in small saucepan. Stir over low heat until sugar dissolves.
- ☐ Drizzle mixture over rice. Gently toss rice with vinegar mixture to coat. Cover rice with clean damp towel and cool completely at room temperature (do not refrigerate).
- ☐ Whisk together the mayonnaise, mustard, chipotle, honey and oil; season with salt and pepper.
- ☐ Place sushi mat on a work surface with slats running crosswise. Arrange 1 sheet nori, shiny side down, on mat, lining up a long edge of sheet with edge of mat nearest you. Using damp fingers, gently press 1/4 of rice onto nori in 1 layer, leaving a 1 3/4-inch border on side farthest from you.
- ☐ Sprinkle with sesame seeds.
- ☐ Flip the nori and rice over so that the nori is now the top layer. Make a thin line of cucumber along the nori 1 to 2 inches from the edge closest to you.
- ☐ Drizzle some of the spicy mayonnaise mixture over the cucumbers, then spoon on the tuna and sprinkle with cilantro and scallions.
- ☐ Roll tightly, using the sushi mat to guide you. Slice about 1/1/2 inches thick. Repeat with remaining ingredients to make a total of 4 rolls.

Nutrition Facts



Properties

Glycemic Index:136.14, Glycemic Load:82.91, Inflammation Score:-10, Nutrition Score:53.13086938858%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 1153.57kcal (57.68%), Fat: 44.46g (68.4%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 135.81g (45.27%), Net Carbohydrates: 126.88g (46.14%), Sugar: 13.03g (14.48%), Cholesterol: 59.74mg (19.91%), Sodium: 1424.1mg (61.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.07g (102.14%), Vitamin B12: 13.38µg (223.06%), Manganese: 2.57mg (128.31%), Selenium: 88.75µg (126.79%), Copper: 2.03mg (101.39%), Vitamin B3: 16.65mg (83.24%), Phosphorus: 763.24mg (76.32%), Vitamin A: 3637.84IU (72.76%), Magnesium: 251.89mg (62.97%), Vitamin B6: 1.19mg (59.29%), Vitamin B1: 0.83mg (55.05%), Vitamin K: 57.59µg (54.85%), Vitamin D:

8.11µg (54.05%), Iron: 8.99mg (49.96%), Calcium: 441.68mg (44.17%), Zinc: 5.61mg (37.42%), Fiber: 8.93g (35.72%),
Vitamin B2: 0.58mg (33.93%), Vitamin B5: 3.03mg (30.33%), Vitamin E: 3.51mg (23.4%), Potassium: 800.32mg
(22.87%), Folate: 75.59µg (18.9%), Vitamin C: 5.59mg (6.78%)