



food
network

Spicy Tuna Roll



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings sushi rice prepared
- ☐ 0.5 cup tuna raw fresh cubed
- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings nori seaweed
- ☐ 2 dashes pepper sauce red
- ☐ 1 bunch radish sprouts

Equipment

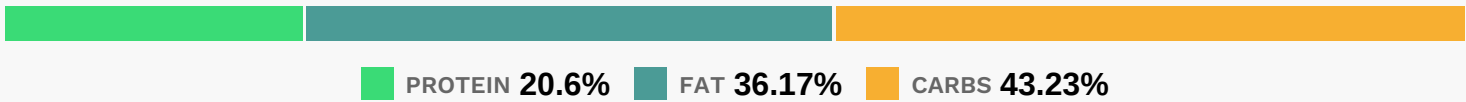
- ☐ bowl

- ☐ knife
- ☐ cutting board

Directions

- ☐ In a small bowl, mix together tuna with mayonnaise and red pepper sauce.
- ☐ Cut nori sheet in half and place it on bamboo mat, shiny side down. Dampen your fingers in water.
- ☐ Spread a thin layer of sushi rice over the seaweed, do not cover completely. Leave a 1-inch margin at the ends uncovered to seal the roll.
- ☐ Lay 2 tablespoons spicy tuna across rice.
- ☐ To roll; slowly fold the end of the mat closest to you over the filling and tuck it in. Use medium pressure to create a compact tube.
- ☐ Remove the mat from around the roll, press in the loose ends and place it on a cutting board, seam side down. Using a wet, sharp knife, slice the roll in half then into 6 equal pieces.
- ☐ Garnish with radish sprouts.
- ☐ Serve with wasabi, soy sauce and pickled ginger.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:8.3265217102092%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Nutrients (% of daily need)

Calories: 175.04kcal (8.75%), Fat: 6.86g (10.55%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 17.58g (6.39%), Sugar: 0.09g (0.1%), Cholesterol: 14.18mg (4.73%), Sodium: 62.15mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin B12: 2.8µg (46.62%), Selenium: 15.84µg (22.62%), Vitamin B3: 2.83mg (14.17%), Vitamin A: 703.22IU (14.06%), Manganese: 0.24mg (12.17%), Vitamin D: 1.7µg (11.33%), Vitamin K: 11.45µg (10.91%), Phosphorus: 84.41mg (8.44%), Vitamin B6: 0.16mg (8.01%), Vitamin B1: 0.09mg (6.04%), Vitamin B2: 0.09mg (5.39%), Vitamin B5: 0.52mg (5.18%), Magnesium: 19.34mg (4.83%), Vitamin E: 0.57mg (3.8%), Zinc: 0.56mg (3.71%), Copper: 0.07mg (3.62%), Fiber: 0.87g (3.49%), Iron: 0.46mg (2.55%), Potassium: 88.47mg

(2.53%)