



Spider Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



502 kcal

BREAD

Ingredients

- ☐ 1 avocado peeled cut into 16 slices
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup green onions thinly sliced
- ☐ 4 sheets nori seaweed (seaweed)
- ☐ 18 ounce soft-shell crabs cleaned
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons seasoned rice vinegar

- ☐ 4 teaspoons sesame seed
- ☐ 1.5 cups short-grain rice
- ☐ 1.5 cups water

Equipment

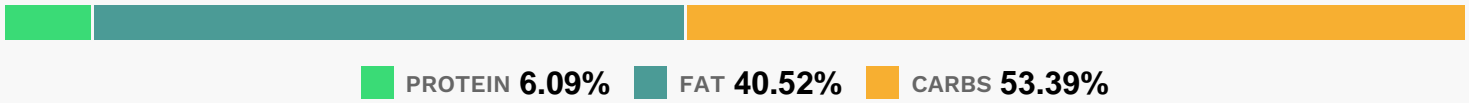
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Bring rice and water to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand, covered, 15 minutes.
- ☐ Place rice in a large bowl, and gently stir in rice vinegar with a spoon until combined. Cover rice mixture, and let rest 30 minutes.
- ☐ Sprinkle crabs with salt and black pepper. Dredge crabs in flour, shaking off excess flour.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add crabs, top sides down; cook 3 minutes, gently pressing body and legs against pan. Turn crabs over; cook 3 minutes.
- ☐ Cut each crab into quarters, leaving legs attached.
- ☐ Cut off top quarter of nori sheet along a short end.
- ☐ Place nori, shiny side down, on a sushi mat covered with plastic wrap, with a short end toward you. Pat 3/4 cup rice over nori with moist hands, leaving a 1-inch border on short end of nori closest to you.
- ☐ Arrange 4 crab pieces and 4 avocado slices horizontally over rice, allowing crab legs to extend over long edges of nori.
- ☐ Sprinkle each sheet with 2 tablespoons green onions and 1 teaspoon sesame seeds.

Lift short edge of nori closest to you; fold over filling. Lift bottom edge of sushi mat; roll toward top edge, pressing firmly. Continue rolling to top edge; press mat to seal sushi roll. Slice each roll into 8 pieces with a sharp knife.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:25.96, Inflammation Score:-6, Nutrition Score:13.137391299819%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 501.86kcal (25.09%), Fat: 22.49g (34.6%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 61.93g (22.52%), Sugar: 0.34g (0.37%), Cholesterol: 3.76mg (1.25%), Sodium: 353.36mg (15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Folate: 166.06µg (41.51%), Manganese: 0.78mg (39.03%), Vitamin B1: 0.45mg (29.79%), Vitamin K: 23.93µg (22.79%), Iron: 3.85mg (21.37%), Vitamin B3: 4.02mg (20.09%), Fiber: 4.75g (18.98%), Selenium: 11.15µg (15.93%), Copper: 0.24mg (11.79%), Vitamin B5: 1.12mg (11.23%), Vitamin B2: 0.19mg (11.09%), Phosphorus: 108.64mg (10.86%), Vitamin B6: 0.17mg (8.71%), Magnesium: 33.24mg (8.31%), Potassium: 240.8mg (6.88%), Zinc: 1.01mg (6.75%), Vitamin E: 0.9mg (6.03%), Vitamin C: 3.72mg (4.52%), Calcium: 35.51mg (3.55%), Vitamin A: 145.25IU (2.9%)