



Springtime Sushi Nests



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 asparagus spears trimmed cut into 1 3/4-inch pieces
- ☐ 0.5 cup bamboo skewers canned sliced cut into matchstick-size strips
- ☐ 6 boston lettuce leaves
- ☐ 1 carrots peeled cut into matchstick-size strips
- ☐ 1 cup dashi granules
- ☐ 2 large mushroom caps dried hot trimmed drained thinly sliced
- ☐ 1 large eggs
- ☐ 2 teaspoons soya sauce reduced-sodium

- ☐ 4 teaspoons mirin sweet (Japanese rice wine)
- ☐ 0.3 cup pickled ginger shredded red (beni shoga)
- ☐ 1 pinch salt
- ☐ 12 large shrimp cooked peeled
- ☐ 1 tablespoon sugar
- ☐ 6 servings sushi rice

Equipment

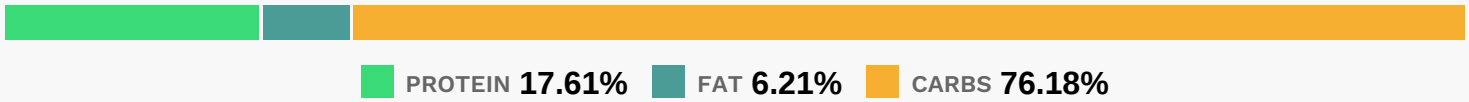
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine 1 cup Dashi, sugar and 3 teaspoons mirin in medium saucepan. Bring to simmer over medium-low heat.
- ☐ Add carrot strips; cook until crisp-tender, about 2 minutes. Using slotted spoon, transfer carrot strips to bowl.
- ☐ Add bamboo shoots, mushrooms and soy sauce to cooking liquid. Cook until liquid is almost evaporated, about 5 minutes.
- ☐ Add carrot strips. Cool mixture completely.
- ☐ Whisk egg, salt and 1 teaspoon mirin in small bowl to blend. Spray 9-inch-diameter nonstick skillet with nonstick spray.
- ☐ Heat skillet over medium-low heat.
- ☐ Pour egg mixture into skillet, swirling skillet to coat bottom evenly. Cook until bottom of egg mixture is set but not brown, about 45 seconds. Turn egg pancake over. Cook until egg pancake is set on bottom, about 20 seconds.
- ☐ Transfer to paper towel. Cool completely.

- ☐ Roll up egg pancake, then cut crosswise into very thin strips. Toss with fingers to fluff egg strips.
- ☐ Cook asparagus in medium saucepan of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain. Cool asparagus in bowl of ice water.
- ☐ Drain well.
- ☐ Toss Sushi Rice, carrot mixture and asparagus in large bowl. (Egg strips and rice mixture can be made 2 hours ahead. Cover separately and let stand at cool room temperature. Do not refrigerate.)
- ☐ Line 6 bowls with lettuce leaves. Spoon rice mixture into leaves, mounding slightly.
- ☐ Garnish rice with egg strips, shrimp and pickled ginger and serve.

Nutrition Facts



Properties

Glycemic Index:46.49, Glycemic Load:32.23, Inflammation Score:-9, Nutrition Score:10.831304472426%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 239.32kcal (11.97%), Fat: 1.61g (2.47%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 41.89g (15.23%), Sugar: 3.41g (3.79%), Cholesterol: 63.2mg (21.07%), Sodium: 245.01mg (10.65%), Alcohol: 0.54g (100%), Alcohol %: 0.37% (100%), Protein: 10.26g (20.52%), Vitamin A: 2364.47IU (47.29%), Manganese: 0.58mg (28.85%), Vitamin K: 23.46µg (22.34%), Selenium: 10.61µg (15.16%), Copper: 0.28mg (13.8%), Phosphorus: 131.43mg (13.14%), Vitamin B3: 2.02mg (10.09%), Fiber: 2.5g (9.99%), Iron: 1.76mg (9.79%), Vitamin B1: 0.13mg (8.78%), Potassium: 298.08mg (8.52%), Zinc: 1.26mg (8.43%), Folate: 32.7µg (8.18%), Magnesium: 30.93mg (7.73%), Vitamin B2: 0.13mg (7.56%), Vitamin B6: 0.15mg (7.36%), Vitamin B5: 0.71mg (7.11%), Calcium: 50.48mg (5.05%), Vitamin E: 0.54mg (3.57%), Vitamin C: 2.69mg (3.27%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.18µg (1.2%)