



HEALTH SCORE

100%

Super 5 Star Roll with Shut Up Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



505 kcal

Ingredients

- ☐ 6 habanero chiles
- ☐ 1 cup cilantro leaves
- ☐ 1 cup sushi rice cooked
- ☐ 0.5 cucumber peeled seeded cut into long thin slices
- ☐ 0.5 cup juice of lemon
- ☐ 14 ounces spicy salmon fillets uncooked
- ☐ 0.3 tablespoon salt
- ☐ 2 sheets spicy seaweed paper
- ☐ 4 serrano chiles

- ☐ 7 thai chiles
- ☐ 4 ounces seared spicy tuna
- ☐ 2 small slices onion white

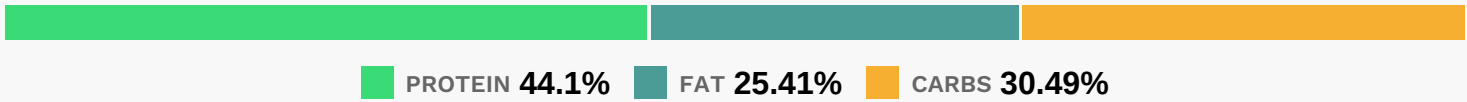
Equipment

- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Combine the cilantro, lemon juice, salt, chiles and onions in a blender and mix for 5 minutes until smooth.
- ☐ For the super 5 star roll: Cover the bamboo mat with a piece of plastic wrap.
- ☐ Place one sheet of seaweed paper onto the bamboo mat.
- ☐ Spread half the sushi rice onto the seaweed paper and press firmly to create an even layer. Turn the bamboo mat over so the rice becomes the outside of the sushi roll.
- ☐ Place half the spicy salmon and cucumbers onto the seaweed paper.
- ☐ Roll the bamboo mat forward, pressing the ingredients together into a roll.
- ☐ Remove the sushi from the bamboo mat/plastic wrap.
- ☐ Place half the seared tuna on top of the roll. Slice the sushi roll into bite-size pieces and cover in the shut up sauce. Repeat with the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:46.636956505153%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.12mg, Quercetin: 8.12mg,
Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 504.99kcal (25.25%), Fat: 14.27g (21.95%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 38.54g (12.85%),
Net Carbohydrates: 34.06g (12.39%), Sugar: 10.89g (12.1%), Cholesterol: 129.56mg (43.19%), Sodium: 1113.63mg
(48.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.72g (111.45%), Vitamin C: 253.16mg (306.86%),
Selenium: 116.76µg (166.79%), Vitamin B6: 2.68mg (133.99%), Vitamin B12: 7.77µg (129.46%), Vitamin B3: 23.62mg
(118.12%), Vitamin B2: 0.99mg (58.36%), Phosphorus: 575.02mg (57.5%), Potassium: 1798.25mg (51.38%), Vitamin
K: 53.78µg (51.22%), Vitamin A: 2233.55IU (44.67%), Copper: 0.86mg (42.96%), Vitamin B1: 0.64mg (42.73%),
Vitamin B5: 4.2mg (41.98%), Manganese: 0.67mg (33.75%), Magnesium: 129.14mg (32.29%), Folate: 121.32µg
(30.33%), Iron: 4.71mg (26.18%), Fiber: 4.48g (17.91%), Zinc: 2.65mg (17.65%), Vitamin E: 1.64mg (10.96%), Calcium:
82.36mg (8.24%), Vitamin D: 0.68µg (4.54%)