



Sushi Pinwheels

READY IN



30 min.

SERVINGS



6

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 piece carrots peeled cut into 1/4-inch-thick sticks
- 2 tablespoons mascarpone cheese at room temperature
- 4 ounce mozzarella cheese fresh dry with paper towels and cut into six 1 1/2-inch-long sticks, each 1/2-inch thick
- 3.5 inch thick whole-grain bread
- 6 baby pickles ends trimmed
- 3 slices pancetta thin

Equipment

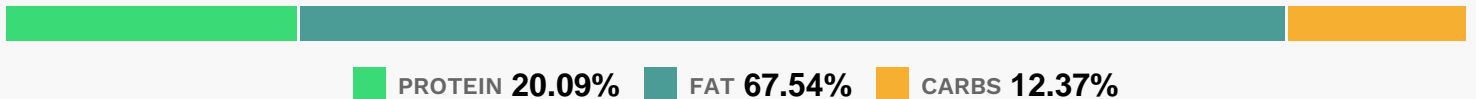
- knife

- rolling pin
- kitchen scissors

Directions

- Place the bread slices on a work surface. Using a rolling pin, lightly roll the bread until 1/4-inch thick.
- Spread one side of each slice with 1 teaspoon of the mascarpone cheese and top with 1 slice of prosciutto. Trim the prosciutto to fit the bread using scissors.
- Spread each slice of prosciutto with 1 more teaspoon mascarpone cheese.
- Place 2 cheese sticks, end-to-end, along the narrow edge of the bread.
- Place 2 pickles, end-to-end, in front of the cheese.
- Place a carrot stick between the pickle and the cheese. Starting at the narrow end, roll up the bread like a jelly roll and press lightly to stick. Using a sharp knife, cut each roll into 3 pieces.
- Place the bread slices on a work surface. Using a rolling pin, roll the bread until 1/4-inch thick.
- Spread one side of each slice with 1 teaspoon of the mascarpone cheese and top with 1 slice of turkey. Trim the turkey to fit the bread using scissors.
- Spread each slice of turkey with 1 more teaspoon mascarpone cheese.
- Place 2 cheese sticks, end-to-end, along the narrow edge of the bread.
- Place a string bean on top of the cheese.
- Place a carrot stick alongside the string bean. Starting at the narrow end, roll up the bread like a jelly roll and press lightly to stick. Using a sharp knife, cut each roll into 3 pieces.
- Place the sushi on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:5.8778261671896%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.61kcal (5.58%), Fat: 8.42g (12.95%), Saturated Fat: 4.48g (28.02%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.57g (1.75%), Cholesterol: 22.57mg (7.52%), Sodium: 686.61mg (29.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.27%), Vitamin A: 2016.68IU (40.33%), Calcium: 143.51mg (14.35%), Vitamin K: 12.81µg (12.2%), Phosphorus: 89.76mg (8.98%), Vitamin B12: 0.45µg (7.52%), Selenium: 4.41µg (6.3%), Vitamin B2: 0.1mg (6.01%), Zinc: 0.72mg (4.81%), Manganese: 0.08mg (4.14%), Fiber: 1.02g (4.09%), Vitamin B1: 0.06mg (3.98%), Potassium: 131.32mg (3.75%), Vitamin B6: 0.06mg (2.85%), Magnesium: 11.17mg (2.79%), Vitamin C: 1.96mg (2.38%), Folate: 9.08µg (2.27%), Vitamin B3: 0.42mg (2.08%), Iron: 0.32mg (1.76%), Copper: 0.03mg (1.43%), Vitamin E: 0.21mg (1.37%), Vitamin B5: 0.12mg (1.19%)