



## Sushi Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup rice vinegar
- 2 tablespoons salt
- 2 cups short grain rice
- 0.3 cup sugar
- 0.3 cup citrus champagne vinegar

## Equipment

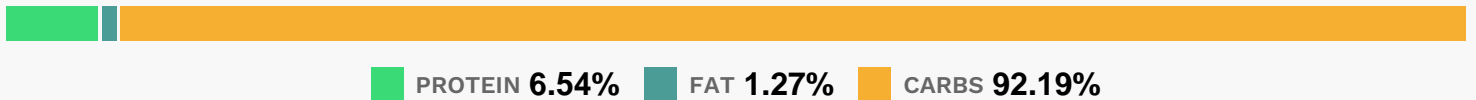
- bowl
- sauce pan

- spatula
- colander
- rice cooker

## Directions

- Rinse the rice 5 times, then drain in a colander and let dry for 15 minutes.
- Cook the rice in a rice cooker according to the manufacturer's instructions. Alternatively, in a medium saucepan, combine the rice with 2 cups of cold water and bring to a boil over high heat. Cover and cook over moderate heat for 10 minutes. Reduce the heat to low and cook for 10 minutes longer.
- Remove from the heat and let stand, covered, for 15 minutes.
- Meanwhile, in a small saucepan, combine the sake-mash vinegar, rice vinegar, sugar and salt and warm over moderate heat, stirring to dissolve the sugar.
- Transfer the rice to a very large bowl.
- Drizzle onto a spatula while waving the spatula back and forth. Using a slicing motion with the spatula, gently separate the rice grains while mixing in the seasoning. Fan the rice while mixing it to help it dry. Wipe down any stray grains from the side of the bowl. Cover the rice with a damp towel to keep warm.

## Nutrition Facts



## Properties

Glycemic Index:40.42, Glycemic Load:57.07, Inflammation Score:-5, Nutrition Score:10.004782780681%

## Nutrients (% of daily need)

Calories: 329.47kcal (16.47%), Fat: 0.45g (0.69%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 73.32g (24.44%), Net Carbohydrates: 71.08g (25.85%), Sugar: 9.99g (11.09%), Cholesterol: 0mg (0%), Sodium: 2792.69mg (121.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Folate: 184.8µg (46.2%), Manganese: 0.85mg (42.49%), Vitamin B1: 0.45mg (30.13%), Iron: 3.47mg (19.28%), Selenium: 12.21µg (17.44%), Vitamin B3: 3.29mg (16.45%), Vitamin B5: 1.03mg (10.3%), Fiber: 2.24g (8.96%), Copper: 0.17mg (8.64%), Phosphorus: 77.47mg (7.75%), Vitamin B6: 0.14mg (6.84%), Zinc: 0.89mg (5.95%), Magnesium: 19.08mg (4.77%), Vitamin B2: 0.04mg (2.37%), Potassium: 66.49mg (1.9%)