



Sushi-Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup julienne-cut cucumber english peeled (2-inch)
- 1 tablespoon sesame oil dark
- 1 teaspoon ginger fresh grated peeled
- 1 garlic clove minced
- 1 teaspoon kosher salt
- 1 tablespoon soya sauce low-sodium
- 1 sheet nori seaweed cut into 2-inch julienne strips (seaweed)
- 0.3 cup onion red minced

- 0.5 cup rice vinegar
- 1 tablespoon sesame seed toasted
- 2 cups sushi rice uncooked
- 1 tablespoon vegetable oil
- 0.3 teaspoon wasabi prepared (Japanese horseradish; optional)
- 2 cups water

Equipment

- bowl
- sauce pan
- sieve

Directions

- To prepare rice, rinse rice thoroughly in a sieve.
- Drain well. Bring 2 cups water to a boil in a medium saucepan; add rice and salt. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Remove from heat; uncover and cool to room temperature.
- To prepare dressing, combine vinegar and next 5 ingredients (vinegar through garlic) in a small bowl.
- Add wasabi, if desired.
- Combine cooled rice, dressing, cucumber, onion, and sesame seeds in a large bowl.
- Sprinkle evenly with nori.

Nutrition Facts



PROTEIN 7.02% **FAT 18.14%** **CARBS 74.84%**

Properties

Glycemic Index:34.29, Glycemic Load:34.82, Inflammation Score:-1, Nutrition Score:5.3173913217109%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 247.29kcal (12.36%), Fat: 4.84g (7.44%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 43.08g (15.67%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 423.57mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Manganese: 0.59mg (29.59%), Selenium: 8.62µg (12.31%), Copper: 0.16mg (8.07%), Vitamin B1: 0.11mg (7.54%), Fiber: 1.84g (7.34%), Iron: 1.13mg (6.26%), Vitamin K: 6.55µg (6.24%), Vitamin B3: 1.24mg (6.2%), Phosphorus: 55.51mg (5.55%), Magnesium: 21.9mg (5.48%), Zinc: 0.8mg (5.35%), Vitamin B5: 0.49mg (4.95%), Vitamin B6: 0.09mg (4.42%), Vitamin B2: 0.05mg (2.65%), Calcium: 26.31mg (2.63%), Potassium: 88.95mg (2.54%), Folate: 8.66µg (2.16%), Vitamin E: 0.21mg (1.39%), Vitamin C: 1.07mg (1.3%)